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104 new recipes

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INSIDE
16-page extra
Christmas made easy

Cranberry & pear pies

New Year menus

- ★ Moroccan
- ★ Scandinavian
- ★ French
- ★ Just for two

Bake for pleasure
Cupcakes & desserts

Love your leftovers

Don't waste those festive goodies

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- Saturday Kitchen
- The Hairy Bikers
- Rick Stein's Cornish Christmas

BBC TWO BBC one

Family cooking for the month ahead



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Veggie pie



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Food director Food Group Lulu Grimes
Food editor Barney Desmazery
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Cookery assistants Lucy Netherton, Rosie Reynolds
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Production editor/Chief sub-editor Jo Gately
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Editorial assistant/Shopping coordinator Sarah Sysum
TV editor Kathryn Custance **TV recipes** Petra Jackson
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Nutritionist Wendy Doyle
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Editor *bbcgoodfood.com* Andrea McGinniss
Food editor *bbcgoodfood.com* Caroline Hire
Sub-editor *bbcgoodfood.com* Emily Boyce
Editorial assistant *bbcgoodfood.com* Roxanne Fisher
Thanks to Jon Baker, Janet Charatan, Suellen Grealy, Katie Rollinson, Tonia Shuttleworth, Todd Slaughter, Amie Sneesby, Sean Walsh

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Group marketing manager Fiona Allen
Senior marketing and events executive Zoe Jarvis
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Welcome



When it comes to celebrating New Year's Eve there aren't any rules. So, whether you've got a crowd coming over for drinks or you're cooking a meal for two, it's your call. We're just here to provide lots of inspiration and make it that bit easier, after all, this is the holiday season.

If you're getting together with friends, you could try a modern Scandinavian-style spread, a hearty French country meal, or a make-ahead Moroccan menu. If it's just the two of you, Michel Roux Jnr's menu is really special – and created exclusively for *Good Food*.

For those quieter days we've got easy supper ideas including new veggie dishes, clever ways to use up your leftovers, plus a wonderful brunch from Aussie chef Bill Granger.

I think you'll love the mix of recipes in this issue, and that they'll get your 2011 off to a great start – Happy New Year!

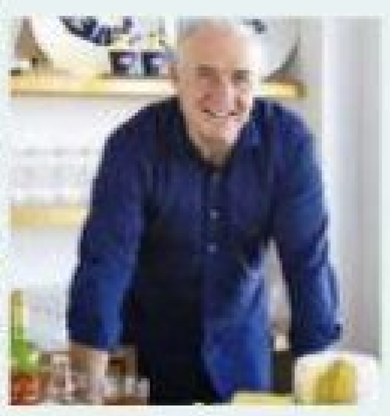
Gillian

Gillian Carter, Editor

P.S Look out for our new healthy-eating section in next month's issue on sale 5 January, plus a booklet of 30 recipes from Weight Watchers



RECIPE PULL-OUT
Our *Christmas made easy* section gives you every recipe you need for the festive season, but keeps the cooking stress-free so you can enjoy the holidays as much as everyone else



Best from the BBC

Rick Stein celebrates Christmas Cornish-style in a BBC Two special featuring regional recipes and the stories behind them, see p115 for a taster. Gregg Wallace's Bread & butter pud (right) is like edible central heating – a warm-you-up family favourite for a chilly day – see p65.



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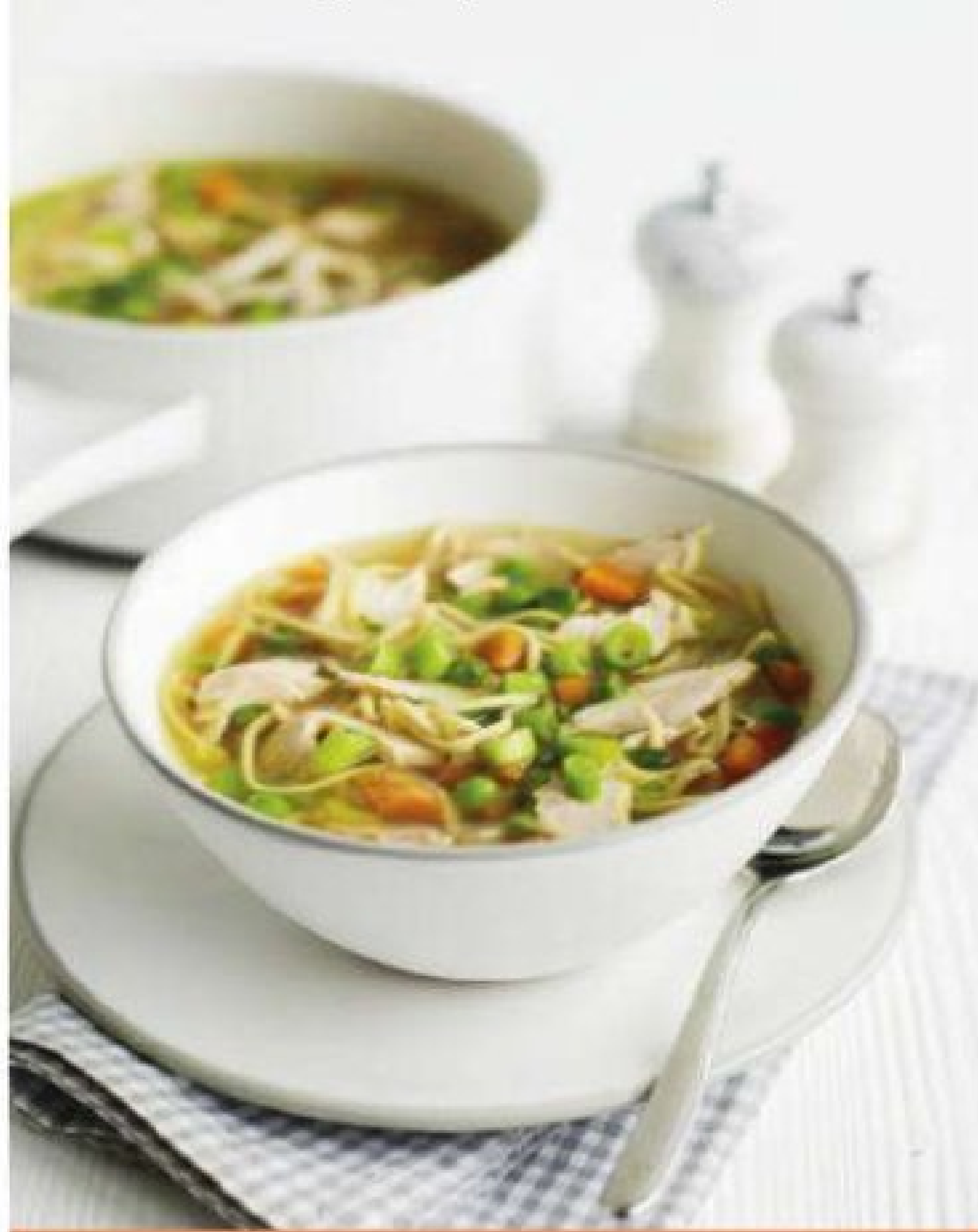
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BBC Good Food Show For tickets or enquiries, call 020 8267 8331

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EVERYDAY

IN SEASON

ENTERTAINING

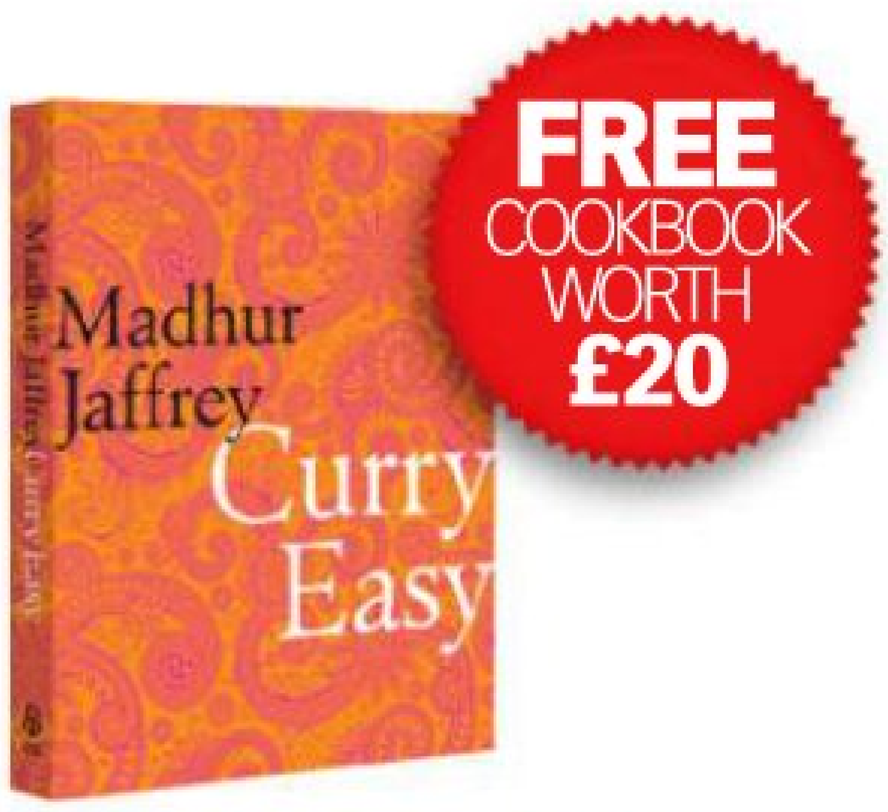
ON THE COVER

Want to make our cover recipe? Turn to p48



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Recipe and food styling SARA BUENFELD
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Subscribe by 31 January and receive Madhur Jaffrey's cookbook, absolutely free. See p110 for details

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CHRISTMAS MADE EASY

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ON TEST

READER OFFERS

TV NEWS AND RECIPES

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We're so much more than a magazine

Web Visit our website, *bbcgoodfood.com*, for thousands of delicious triple-tested recipes



TV The Good Food channel is on Sky 249 or Virgin 260. Find recipes from the shows at *goodfoodchannel.co.uk*

iPad Our Healthy Recipes iPhone app is now on the iPad, with more than 150 recipes



Books Our 101 series includes titles such as *101 Speedy suppers* and *101 Slow-cooking recipes*, £4.99 each



Plus Don't miss our sister titles: *Good Food Vegetarian*, £3.50, the January issue of *olive*, £3.50, and the winter issue of *Easy Cook*, £2.80, are all on sale now



For information about the Good Food Shows, visit *bbcgoodfoodshow.com*

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This month's recipes

Getting the best from GoodFood



Why you can cook our recipes with confidence

All the recipes in *Good Food* are tested thoroughly, so they'll work first time for you at home. Most of our recipes are developed in the *Good Food* Test Kitchen by our Cookery team who, like you, cook at home for family and friends.

Additional recipes come from food writers and TV chefs. But no matter who writes the recipe, every one is thoroughly tested. We know your time and money are precious so we want to guarantee a perfect dish every time.

- For best results we recommend you use standard level measuring spoons, and don't mix imperial and metric measures. We use large eggs, unless otherwise stated.
- We aim to make our recipes as practical as possible, keeping ingredients lists to a minimum and avoiding lengthy preparations.
- We use easily available ingredients and include seasonal fruit and veg.
- Where possible, we use humanely reared meats, free-range chickens and eggs, sustainably sourced fish and unrefined sugar.
- To avoid waste, we use full packs, cans and jars where possible. But if that's not possible we aim to suggest ways of using up leftovers. For more know-how, including step-by-step videos, visit our website *bbcgoodfood.com*.

What our symbols mean

Easy Recipes everyone can make, even beginners. These dishes are usually quick, often on the table within 20 minutes.

Moderately easy These require a bit more skill – such as making pastry.

For the confident cook Recipes aimed at experienced cooks who cook for pleasure and like a challenge.

V Suitable for vegetarians Always check the labels on shop-bought ingredients such as cheese, pesto and curry sauces to ensure that they are suitable.

Not suitable for freezing

Suitable for freezing Unless otherwise stated, freeze for up to three months. Defrost thoroughly and heat until piping hot.

Superhealthy Low in saturated fat, 5g or less per portion; low in salt, 1.5g or less; and at least one of the following: provides one-third or more of your daily requirement of fibre, iron, calcium, folic acid and/or vitamin C or contains at least one portion of 5-a-day fruit and veg.

Low fat 12g or less per portion.

Good for you Low in saturated fat and salt.

Heart healthy Low in saturated fat, with 5g or less; low in salt, with 1.5g or less; and high in omega-3s.

HEALTHY EATING GUIDELINES

Our recipes are sent to a qualified nutritionist to be analysed on a per serving basis for fat, sat fat, sugar and salt. Each recipe analysis includes listed ingredients only and excludes optional ingredients, such as salt and serving suggestions.

If you're on a low-fat diet, count the fat content in each recipe to help you stick to your daily limit. Remember, simple changes can make a recipe healthier – for example, removing chicken skin after cooking, or reducing salt.

If you eat a high-salt dish, balance your intake for the day by cutting the level of salt in other dishes. Most salt you consume is in processed food. Ask your GP for further advice if you're concerned.

Guideline Daily Amounts (GDA) advise you how much of a nutrient you should eat each day.

Kcalories (GDA) Women, 2,000; men, 2,500.

Fat (GDA) Women 70g (no more than 20g should be saturated fat); men 95g (no more than 30g should be sat fat).

Salt (GDA) Maximum 6g for adults and 11-14 year-olds; 5g for 7-10 year-olds (5g = 1 tsp).

Sugar (GDA) women 90g; men 120g (we analyse recipes for total sugar – natural and added).

We regret that we are unable to answer medical/nutritional queries.

Please note that recipes created for Advertisement features are checked, but not tested, in the Good Food Test Kitchen.

RECIPE KEY ● Healthy option ■ Low fat ❄ Suitable for freezing

MENU OF THE MONTH

Burns' Night supper with friends

Celebrate on 25 January with this seasonal supper – just swap the Kalhúa for Scottish whisky in our Coffee cocktail



• Smoked trout pâté



• Beef stew with horseradish dumplings



• Starry night sweet treats

Visit *bbcgoodfood.com* for more Burns' Night dishes

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Cook's notes



Doris Archer (Gwen Berryman) washes up with daughter Christine (Pamela Mant) back in 1951

Happy Anniversary Ambridge!

On New Year's Day, raise a glass to the folk of Ambridge, who have been entertaining the nation on Radio 4 for 60 years. The rural soap first aired on 1 January, 1951, after a successful pilot on the BBC Midlands Home Service, and since then *The Archers* has mirrored our changing attitudes to food and farming.

According to Jo Toye, one of the show's writers and an Archers expert, food has always been a central theme: 'The kitchen is at the heart of any farm and the heart of the programme; Doris Archer cooked legendary meals back in the fifties; Jill Archer was a cookery demonstrator and Jennifer is renowned for dinner parties.

'When *The Archers* began, Britain was emerging from rationing and the show had messages of encouragement for the farming community. It's been at the forefront of going green, too, with Pat and Tony turning organic in the 1980s, and, in the 1990s, diversification in farming, when Brian went into venison and Pat into ice cream. Now we have Tom's sausages, the Hereford beef and Hassett Hills' lamb.'

An extended anniversary episode of The Archers *airs on Sunday 2 January at 7pm.*

BBC RADIO 4 92–95 FM

What's in store



• A pleasant change from gammon and turkey, this ready-to-serve platter has oak-smoked goose breast, duck and venison, which served four generously. The meat was really succulent and not overly gamey. Marks & Spencer Game Platter, £12.99/120g.

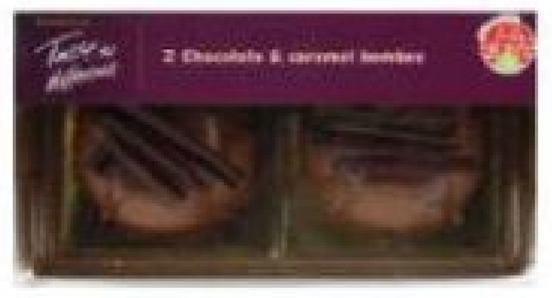


• Cheesecake is always a crowd-pleaser. Tesco's Finest Belgian Chocolate Cheesecake, £3/510g, is rich without being cloying, and has a lovely tang from the soft cheese. Best served with a berry sauce. For more party food recommendations turn to p17.

HEALTHY CHOICE



Sushi is a great alternative to fried party food. The supermarkets have lots on offer, but we liked Taiko Traditional Sushi Platter, Waitrose Entertaining, £25/1.2kg. Plenty for 10, with rice, soy sauce, pickled ginger and wasabi.



• This gooey, dark-chocolate mousse with a sea-salted caramel centre is a decadent treat. It's very rich – one pud would easily satisfy two people. Sainsbury's Taste the Difference Chocolate & Caramel Bombes, £3.50/2.

STEAM CUISINE



If you've always found pressure cookers a bit daunting, take another look. The new breed uses a low-pressure system, so you can remove the lid at any point as steam releases instantly away from you, and there's no waiting for it to build pressure. It doesn't 'rattle' now either, and cooks in about a third of the time. Tefal Low Pressure Cooker P6060432, *electricshopping.com*, 08456 530242.

In your kitchen January



• Make space in your freezer for leftovers – turn to p38 for more advice on storage.

• Order your turkey to make sure you get the size you want. If you've missed the deadline with online suppliers and don't have a good butcher nearby, the supermarkets have later last order dates.

• If you're having a party, check whether you can hire glasses from your wine merchant, off-licence or supermarket. They may be available free when you order your alcohol.



COOKING WITH ROSIE

Rosie Reynolds, a recent graduate of Leiths School of Food and Wine, is *Good Food*'s new cookery assistant. Rosie, who comes from the Wirral, joined us in the middle of Christmas recipe testing and admits she's never peeled so many parsnips in her life!

Test Kitchen tips

Barney I was so impressed with the Poule au pot, p72, that I'm making it for New Year's Eve. Traditionally the dish is made with a capon – a French cockerel that has been bred to be extra plump – but I'm going to order the largest, best-quality British chicken my butcher can supply.

Sarah I think you'll love my recipe for the truffles on p130. To make them even more of an event (and save having to make a pud), I'll roll half in colourful sprinkles, freeze them, and serve as little iced chocolates with hot boozy coffee when I have the girls over at Christmas.

Lulu We had fun in the Test Kitchen trying out Christmas-cake decorations – Rosie is a dab hand at icing figures such as the robins. But if you're short of time, look for icings and decorations in cookshops, supermarkets and online at *splatcooking.net* and *squires-shop.com*.



Barney



Sarah

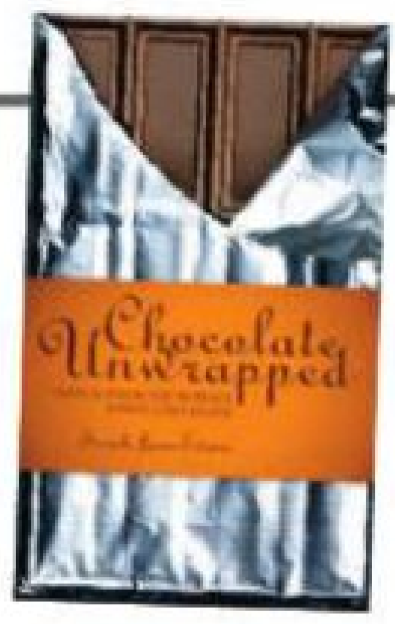


Lulu

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As well as being a Master of Wine, *Good Food*'s Sarah Jane Evans is also one of the UK's leading chocolate experts. She admits that her love of chocolate began with Smarties (but not the brown ones!). However, in recent years she's graduated to posh chocolate bars as artisan producers have sprung up around the world.

Fascinated by all the different flavours produced from the humble cacao bean, she's written *Chocolate Unwrapped* (£16.99 , Pavilion), an introduction to chocolate and a guide to the world's top 80 producers – with an eyecatching cover, above.

Her UK entries include Artisan du Chocolat, Divine, Duffy's, Green & Black's, Hotel Chocolat, Melt, Rococo, Paul A Young and William Curley.

WHAT'S ON TV

Nigella: Kitchen
Nigella gets into the party spirit in the final programme of the series on 23 December, with festive decorative tips and feasible finger food that oozes wow factor. Thursdays at 8pm on BBC Two.

Simple Suppers
Over on BBC One, Nigel Slater continues with his series on Wednesday evenings until 22 December.

Gordon's Ultimate Christmas
Gordon Ramsay and his mum prepare a Christmas feast with the help of son Jack and daughter Megan on Channel 4. Then, in a second programme, *Balls To Christmas*, Gordon and daughters Holly and Tilly make alternative dishes, including honey-glazed ham.

The Food Programme
Sheila Dillon goes foraging in Lapland on 26 December with Michelin-starred Danish chef René Redzepi, and tackles the seasonally tricky subject of eating reindeer meat. Back in the studio on 2 January, Sheila discovers kitchen gadgets with a treasured family history. Sundays on Radio 4 at 12.30pm (repeated Mondays at 4.30pm).

Christmas on the Good Food channel
Get in the mood with Christmas specials from Delia, Nigella, James Martin, Jamie Oliver, Rick Stein, Gary Rhodes and The Hairy Bikers, along with *Market Kitchen: Big Christmas Adventure* from 13-24 December at 7pm – see recipes on p115.

Compiled by SARAH SYSUM | TV compiled by KATHRYN CUSTANCE. Programme information correct at time of going to press. Please check *Radio Times*, *radiotimes.com* or *bbc.co.uk* for transmission details | Recipe SARAH COOK | Photographs ADRIAN TAYLOR and DAVID MUNNS | Styling JO HARRIS | Food styling EMMA FROST

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Orange blossom cakes

Makes 10 • PREP 25 mins • COOK 25-30 mins
Easy • Freezable un-iced

120g/4½oz softened butter, plus extra for greasing
140g/5oz self-raising flour
120g/4½oz golden caster sugar
½ tsp baking powder
2 eggs
½ x 150ml pot natural yogurt
zest 1 clementine
3 tbsp orange blossom water
icing sugar, to dust

1 Heat oven to 180C/160C fan/gas 4. Line 10 holes of a muffin tin with cases (or grease some individual cake moulds). Beat the butter, flour, sugar, baking powder, eggs, yogurt, zest and 2 tbsp orange blossom water in a large bowl with an electric whisk until lump-free. Spoon into the cases (or fill cake moulds three-quarters full), and bake for 18-22 mins until golden and risen – a skewer poked in should come out clean (check cake moulds after 15 mins).

2 Drizzle with remaining orange blossom water while warm, then cool. Dust with icing sugar to serve.

PER SERVING 290 kcals, protein 4g, carbs 33g, fat 16g, sat fat 10g, fibre 1g, sugar 19g, salt 0.5g

TRY A NEW FLAVOUR

Orange blossom water is a popular Middle Eastern ingredient used to add a citrus-floral flavour. Drizzle it on berries, swap for vanilla in baking (see left), or add to dishes like Chicken & almond bastilla, p78. Sainsbury's stocks English Provender Natural essence of orange flower water, £1.22/ 150ml.





Turn your festive baking into a winter wonderland. We used Lakeland's silicone mould, which is suitable up to 180C, to bake these Orange blossom cakes. Stack on a pretty glass stand to turn afternoon tea into an occasion. Silicone snowflake mould (limited edition while stocks last), £6.99, lakeland.co.uk, *015394 88100; Arv Bröllop cake stand with lid, £13.99, Ikea, 08453 583363.*

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From your kitchen

We love to hear from you. Email us at *goodfood@bbc.com* or write to Third Floor D1, Media Centre, 201 Wood Lane, London W12 7TQ. Please include your full name, address and daytime phone number



GoodFood reader recipe

Christine Ford, a retired school teacher from Warrington, was given this recipe by her late mum who first cooked it more than 80 years ago. It's a great last-minute Christmas pudding idea, as it doesn't need to mature to taste really good.



Mum's Christmas pudding

MAKES 1 x 2 litre/3½pt, 1 x 1 litre/1¾pt pudding • SERVES 6 • PREP 10 mins • COOK 3½ hrs Easy

450g/1lb white breadcrumbs
350g/12oz golden caster sugar
225g/8oz vegetarian suet
100g/4oz self-raising flour
50g/2oz almonds, roughly chopped
225g/8oz currants
225g/8oz sultanas
225g/8oz raisins
175g/6oz mixed peel
1 tsp each mixed spice, ground ginger and grated nutmeg
2 tsp bicarbonate of soda
2 eggs
2 tbsp treacle
zest and juice 1 lemon
zest and juice 1 orange

1 Place all the ingredients, except the eggs, treacle and lemon and orange juice, into your largest bowl with 1 tsp salt, then mix. Add the remaining ingredients along with 700ml water, then mix to a consistency that drops off your spoon. Cover and leave in a cool place overnight. The mixture will become firm.

2 The next day, add enough water to bring the mix back to a dropping consistency, then spoon into greased pudding basins – we used a 2 litre and a 1 litre. Cover with pleated greaseproof paper and foil, and secure with string (For step-by-step instructions visit *bbcgoodfood.com*).

3 Lower the puddings into a saucepan with upturned saucers or scrunched-up bits of foil in the bottom (so the puds don't touch the bottom), then fill with boiling water from the kettle until it comes halfway up the sides of the bowl. Simmer the smaller pudding for 2-2½ hrs and the larger one for 3-3½ hrs. Cool, wrap well in foil and chill for up to 3 days.

PER SERVING 429 kcals, protein 6g, carbs 81g, fat 11g, sat fat 4g, fibre 2g, sugar 54g, salt 1.26g

Test Kitchen verdict

This pud has a wonderful texture and would be fantastic served with brandy butter.

Star letter

Dear **GoodFood**... My mother gave me a gift subscription to *Good Food* last Christmas and I love experimenting with the new recipes and ideas. We live in the Democratic Republic of Congo and it can be difficult to get some of the ingredients, so we were delighted to receive the red pepper seeds (free with the May issue). I planted them with my five-year-old, Ellen. Red peppers are difficult to find here, and when you do they're imported from Europe and are expensive. As you can see from the picture, they're growing well!
Clare Grundel, Kinshasa



Star letter prize Clare wins a year's subscription to the *Good Food* Home Cooking Series. Visit *bbcsubscriptions.com/homecooking*



In season
Setting standards for farmers' markets

Marked down

I read your article on farmers' markets (October) with interest, however, I personally think they can be disappointing. Recently, I visited my local market here in Scotland. The first stall was selling out-of-season fruit, while at the next I found frozen berries, defrosting in the morning sun. Our market only appears once a month and I, like others, think I'm buying fresh, local produce. What a pity this isn't always the case.
John Mitchell, Angus

Meet this month's reader taste team panel



LYNN WELLS grew up in Scotland, and after a Saturday job at a greengrocers she was hooked on food. She now runs her own greengrocers in Kent and loves all foods local and seasonal.



SALLY BENNETT a primary school teacher from Yorkshire, enjoys giving her pupils cookery lessons. Her signature sweet chilli crusted salmon and triple choc brownies sound delicious!



ANNA MARIA FORTI SHEIKH from Cheshire enjoys creating Asian and Italian dishes daily. If she's craving comfort she cooks lasagne, tiramisu or pasta to evoke her childhood in Italy.

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Tweet us *@bbcgoodfood* and join our Facebook group by searching for 'BBC Good Food' on *facebook.com*.

Letters compiled by SARAH SYSUM | Pudding photograph AMANDA HEYWOOD | Food styling EMMA JANE FROST | Styling JENNY IGGLEDEN | Loaf photograph PETER CASSIDY | Food styling JAYNE CROSS | Styling JENNY IGGLEDEN

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GoodFood reader recipe

Modern take on a traditional nut loaf for two

Barbara Keen, from Carlisle, shares a loaf recipe she adapted from a cookbook 20 years ago and has eaten every Christmas since. She invented the relish, and used to serve them both in her hotel when she was a professional chef. It's an ideal dish if you're catering for a vegetarian guest at Christmas, as it goes hand in hand with roast potatoes, sage and onion stuffing and lots of vegetables.

Fennel & chestnut loaf with cranberry relish

SERVES 2 ● PREP 15 mins ● COOK 1 hr

Easy ❄ V

- **125g pack cooked chestnuts**
- **6 juniper berries, squashed**
- **1 tbsp sunflower oil, plus extra for greasing**
- **1 onion, chopped**
- **140g/5oz fennel, chopped**
- **2 tsp fresh thyme leaves**
- **2 tsp orange zest**
- **125ml/4fl oz orange juice**
- **50g/2oz wholemeal breadcrumbs**
- **25g/1oz ground almonds**
- **50ml/2fl oz white wine**
- **1 egg, beaten**

FOR THE CRANBERRY RELISH

- **140g/5oz fresh or frozen cranberries**
- **65g/2 ½ oz granulated sugar**
- **1 orange, segmented**

1 Place the chestnuts and berries in a small pan, pour over enough water to just cover. Bring to the boil then remove from the heat, cover and leave to infuse until cool. Once cool, drain chestnuts and discard berries. Meanwhile, heat the oil in a medium-size pan and fry the onion until soft. Add the fennel and cook for 3-4 mins.

2 Heat oven to 180C/160C fan/gas 4. Grease a 1lb loaf tin with oil. Transfer mixture to a mixing bowl and stir in the chestnuts and remaining ingredients with some seasoning. Put into the tin, smooth the top a bit, and cook for 35-40 mins until light golden. Leave to cool for a few mins in the tin before removing.

3 While it's cooking make the cranberry relish. Place the cranberries in a small pan and pour over 150ml of water. Bring to the boil and cook until they're soft. Reduce the heat and add the sugar. Simmer until the mixture has thickened. Remove from the heat and allow to cool. Add the orange and serve with the loaf.

PER SERVING 581 kcals, protein 13g, carbs 91g, fat 20g, sat fat 3g, fibre 11g, sugar 60g, salt 0.32g

SEND US YOUR RECIPES

Christine and Barbara each win a Stellar James Martin cookware Non-stick Frypan, with a thick forge base and sculpted handle, worth £70. For stockists call 0117 940 0000 or visit *stellarcookware.co.uk*. Please send your recipes to the address opposite.



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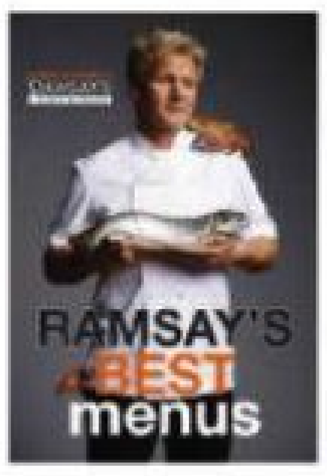
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Books for cooks



Sally Hughes recommends recipe books that would make fantastic last-minute gifts

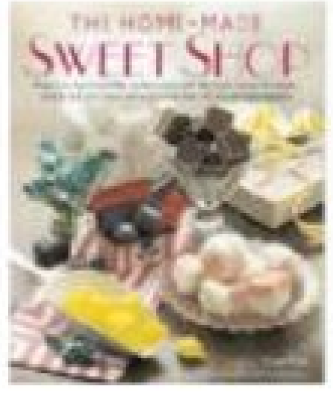


Ramsay's Best Menus by Gordon Ramsay (£20, *Good Food* offer price £18, Quadrille). Originating in Gordon's final *F Word* series, where he looked for the best local restaurants in Britain, this book takes the nation's favourite cuisines (Italian, Indian, Thai, etc) and provides seasonal menus with starter, main and dessert for each.

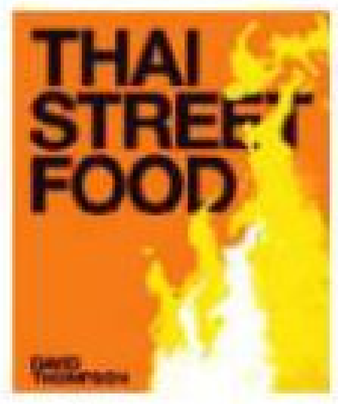
What sets it apart is a user-friendly format: the book is spiral-bound so that it lies flat on the bench and each page is in three separate parts, one for each course. If you mix and match your menu, you can have all three pages open at the same time.

The recipes are clearly explained with photographs of all the finished dishes, so you can see what you're aiming for. The menus are perfect for entertaining, with simple but delicious ideas, such as the Caramelised mango with Chinese five spice, and all the classic favourites from paella to Beef Wellington. I also really liked the combination of ethnic and seasonal in a single book. A very clever format makes this one of the most usable books out this year.

You can buy all this month's books at a discount. Simply call 01326 569444, p&p is free. Or buy online at *bbcgoodfood.com/sparkledirect*



The Home-Made Sweet Shop by Clare Ptak (£17.99, *Good Food* offer price £16.19, Anness). All the traditional childhood sweeties are here: fudge, humbugs, sherbert dabs and toffee apples. Whether you want to make sugar mice for a child's birthday or offer sophisticated violet creams with coffee, you'll find the recipes, with step-by-step photographs to make the process simple. Included is a history of sweet-making and good clear instructions on the basics, such as preparing fondant and tempering chocolate. But it is in the recipes that this book really proves its worth.



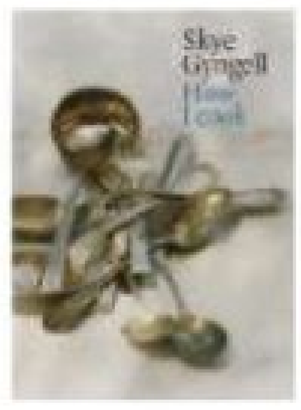
Thai Street Food by David Thompson (£40, *Good Food* offer price £36, Conran Octopus). David Thompson may be Australian, but in the kitchen he's more Thai than fish sauce. His *Thai Food* is acknowledged as the bible on the subject; this weighty, lavishly illustrated new title explores the nation's street food.

The recipes range from simple to quite time-consuming, but all show the vibrancy and balance of flavour that mark authentic Thai cooking. David's recipes for Sticky rice with mango and Green papaya salad will knock spots off your local takeaway.



Food From Many Greek Kitchens by Tessa Kiros (£25, *Good Food* offer price £22.50, Murdoch). Tessa Kiros's books are always delightful to look at and full of tempting recipes. This time, she draws on her Greek Cypriot heritage to explore the food and flavours of Greece.

All the recipes you would expect are here, such as dolmades and baklava, but also included are less well-known dishes, such as Wedding rice and New Year wish cake, foods you might never discover unless you know a Greek family and can share their table. If you want a taste of the sun as winter continues, then look no further.



How I Cook by Skye Gyngell (£25, *Good Food* offer price £22.50, Quadrille). Skye's feel for flavours is what makes her cookbooks special: her recipes surprise on the page, but win you over on the plate. A good example is Roast chicken with anchovy herb butter, where the savoury warmth of the anchovies lifts the chicken. Cooking at Petersham Nurseries, in Richmond, Surrey, she is in tune with the seasons and this collection reflects the changing year. This book is a little simpler than earlier ones, with family-friendly recipes for breakfast, Sunday lunch and afternoon tea, and treats for festive occasions.



Leon Book 2 Naturally Fast Food

by Henry Dimbleby and John Vincent (£20, *Good Food* offer price £17, Conran Octopus).

Food that is easy, quick and healthy is the Holy Grail for time-pressed cooks, and that's exactly what this book delivers. Meat takes second place to vegetables and grains, and is used more as a side dish or secondary ingredient, reflecting the way that many of us are eating now. The book is in two parts: the first consists of speedy, simple recipes that can be made in around 30 minutes; the second features dishes to prepare when you have more time and want to stock up the freezer and storecupboard.

There are plenty of recipes, including useful basics such as the taste-tingling Caper & anchovy miracle sauce, which transforms plain cooked vegetables or grilled meats. Some of the best things are the simplest: the rye bread topper brunch ideas are amazing; the Indian BBQ sauce takes 5 minutes but delivers a hugely flavoursome hit; and the Burmese spicy cabbage (recipe, right) will become an instant family favourite.

Jossy's Burmese spicy cabbage

SERVES 4 as side dish • PREP 5 mins • COOK 6 mins Easy V

400g green cabbage
2.5cm piece of fresh ginger
3 large cloves of garlic
75g roasted unsalted peanuts
1 level tsp turmeric
juice ½ lemon
1 tbsp fish sauce
2 tbsp peanut oil
a large handful of fresh coriander, roughly chopped

1 Slice the cabbage as thinly as you can. Peel the ginger and garlic, and slice both into the thinnest possible slivers. If using the peanuts, chop finely.
2 Pour 100ml hot water into a measuring jug, add the turmeric and stir until smooth. Then add the lemon juice and fish sauce.



3 Heat the peanut oil in a wok over a medium heat. Add the cabbage and stir for 1-2 mins until it just begins to soften.
4 Now add the slivers of ginger and garlic and the chopped peanuts. Continue stirring for another 2-3 mins.
5 Pour in the turmeric liquid. Stir over the heat another 1 min or so and throw in the coriander just before serving.

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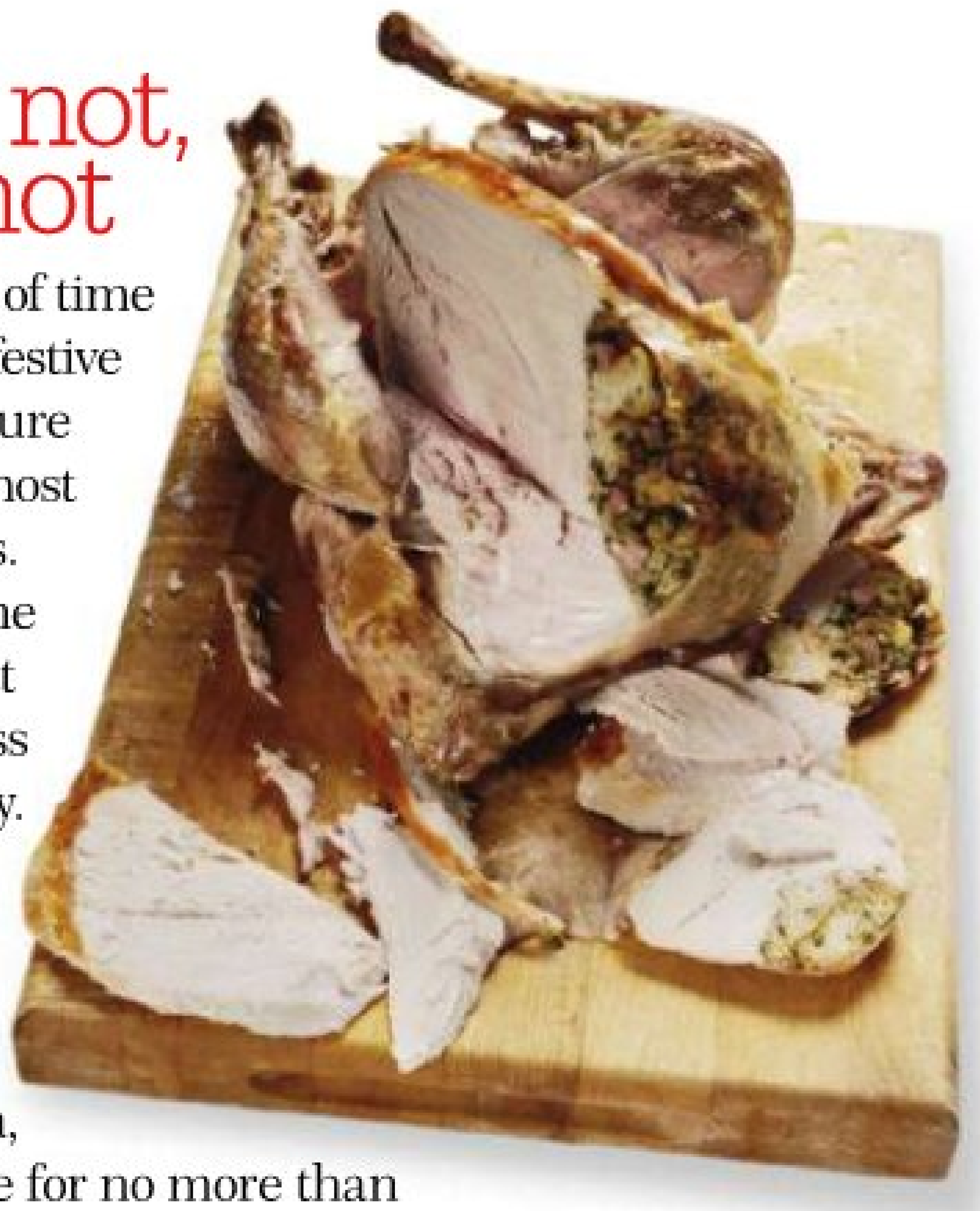
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Here to help

Angela Nilsen, cook and award-winning food writer, offers practical advice for the best results in your kitchen

Waste not, want not



You spend a lot of time and money on festive food, so make sure you make the most of your leftovers.

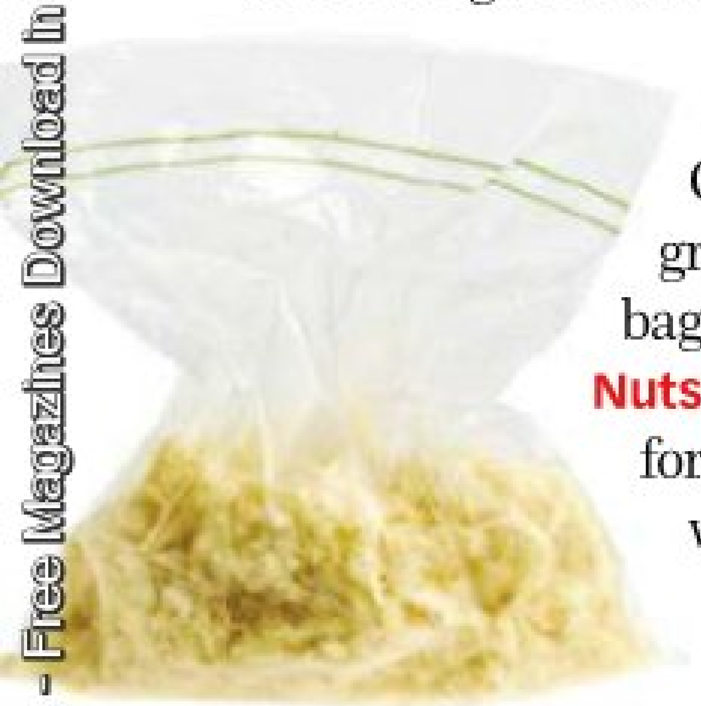
Turkey Carve the remaining meat from the carcass and cool quickly. When cold, wrap the meat and stuffing separately in foil or cling film, then refrigerate for no more than 3 days. Or pack in small portions and freeze for 2-3 months. To stop turkey slices drying out, stack between pieces of greaseproof paper in rigid containers or in freezer bags.

Ham Store as above – ham also freezes well, but for no more than 2 months.

Cooked veggies When cold, store in the fridge in an airtight container and use within 2 days. They can turn a bit mushy if frozen, but will be fine puréed for soup.

Goose fat Cool a little and, while still runny, strain through a fine sieve into a sterilised jar. Keep in the fridge for up to 3 months – makes delicious roast potatoes.

Christmas cake Loosely wrap any cut sides in greaseproof paper or cling film to prevent them drying out, then store in an airtight tin. Don't store a decorated cake in the fridge as the icing will sweat and run.



Cheese For fridge storage, wrap in foil or waxed paper. Hard cheese, like Cheddar and Parmesan, freezes well – grate it and store in an airtight freezer bag. Use within 2 months.

Nuts If still in their shells they will keep for ages. If not, they will stay fresh for a week in a plastic box in the fridge.

- **For lots of recipes using leftovers, visit *bbcgoodfood.com***

Know your vanilla

The backbone flavour to many bakes and puds, you can buy it in many forms. Here's a quick guide



Pod These have the purest flavour. The best quality pods are plump, pliable and shiny. Store them in an airtight container so they don't dry out. If you split them, the seeds will spill out and add tiny black specks to your dish.

Paste Very concentrated and potent, with a large quantities of seeds, so use it sparingly. It's handy to have in the cupboard and is easier to use than a pod.

Extract A powerful flavour 'extracted' from pods. Being liquid, it's easy to add to cakes and other bakes. For authenticity, check that the label says 'pure vanilla extract'.

Sugar Vanilla-scented sugar (below) is available in small jars for adding to baking or desserts. You can make your own (left) – it's cheaper, and keeps for ages. Just tuck a vanilla pod into a big jar of caster sugar – after a few days it will have soaked up the perfumed scent.

Essence A cheaper flavouring that may not have actually come from pods.

All these are available in the baking sections of supermarkets.

My favourite new tool



The Rosti Mepal whisk feels so sturdy and well balanced that it takes the effort out of hand whisking. It has a melamine handle (in colours to match your kitchen) and will stand upright without toppling over, a real plus when you have a whisk full of cream and are wondering where to put it. Not dear, either – around £7.99 from good kitchen shops.

New year, fresh flavours

Once Christmas is over, I'm ready to cook lighter, more zingy food – and longing to try less-familiar ingredients. Here's a selection to get you started:



Ras el hanout (left) An aromatic Moroccan blend of around 20 spices. It gives a warming kick to lamb, as well as rice and couscous dishes. Nigella brought it to public attention in a Moroccan lamb recipe a few years ago. Visit *bbcgoodfood.com* for a tasty Fruit lamb tagine recipe.

Pomegranate molasses A sweet-sour, sticky syrup. Mix into dressings and marinades, or brush over chicken before roasting. Yotam Ottolenghi makes a lovely baste for roast pork with it. For a Tangy roast pepper & walnut dip recipe, visit *bbcgoodfood.com*.

Sumac dried berries, popular in Lebanese cooking. Crush them to use as a seasoning instead of salt – Jamie Oliver uses it in lamb kofte kebabs. Makes a great subtly spiced finishing touch when generously sprinkled over grilled meat or fish. For an Avocado salad, visit *bbcgoodfood.com*.

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ON TEST PARTY FOOD

We've tested more than 40 high street buys to give you lots of choices for quick entertaining

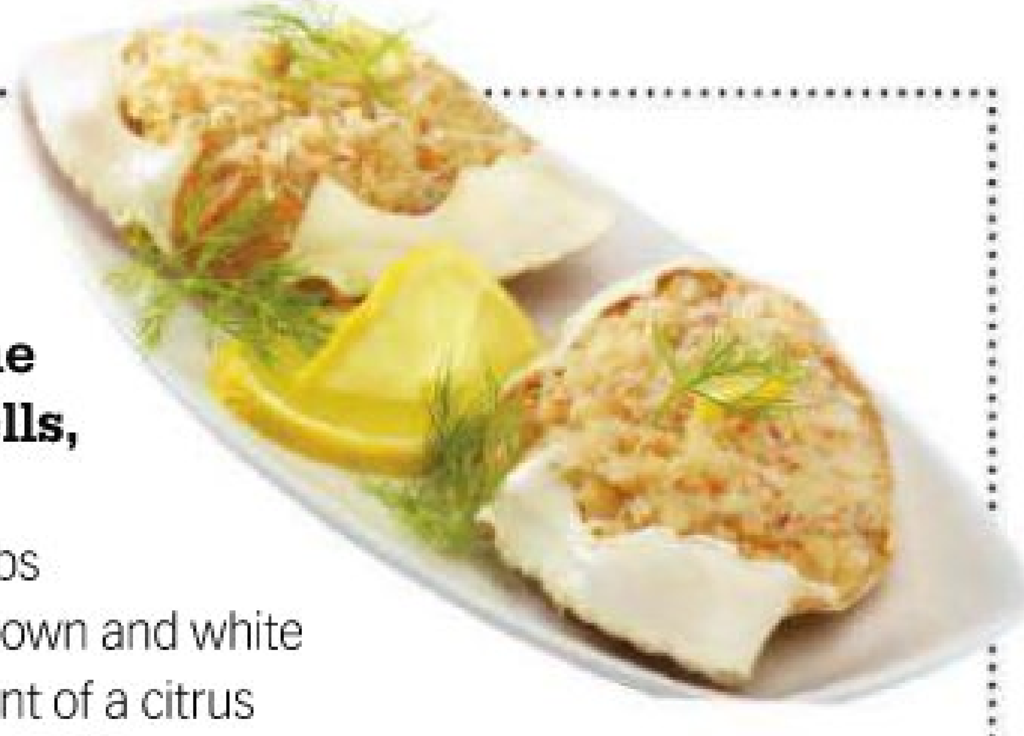


GoodFood BEST BUY!

ELEGANT CANAPÉ

Marks & Spencer 18 British BBQ glazed pork belly squares, £5.99

These looked smart and tasted delicious. The pork crisped beautifully, while the sauce (which you add five minutes before the end of cooking) was sweet and sticky.



SMART STARTER

Morrisons 'The Best' crab shells, £5 pack of 4

Dinky dressed crabs containing both brown and white meat with just a hint of a citrus mayonnaise. Served either as part of a fork buffet or as a smart starter.



THREE SWEET TREATS

Tesco 12 mini toffee & strawberry cheesecakes, £2 frozen

Creamy bite-sized cheesecakes with either a honeyed caramel or strawberry sauce swirled through. The filling had a pleasant tanginess and the bases weren't too crumbly.



Marks & Spencer 12 mini dessert sandwiches, £4.99

These stunning cake sandwiches come in three flavours: tart raspberry, bitter chocolate and creamy caramel crunch. They tasted as good as they looked.



Partytime 12 Belgian chocolate cups, £1.79 frozen

The chocolate used for the cups is bold and slightly spicy. The chocolate filling gives a sugary cocoa hit, while citrus lovers will adore the zingy lemon option. *Available from Lidl.*



KIDS' CHOICE

Sainsbury's 20 party chicken breast satay skewers, £2.25 frozen

Skewered chicken with a nutty satay glaze. The chicken retained the flavour of the marinade and the sweetness made them especially popular with junior testers.



QUICK DIPS

Morrisons The Delicatessen Trio tapenade, £1.50 210g

Find this on the deli counter. You get a selection of black olive, tomato and green olive tapenades. It's spreadable enough to use as a canapé topping or as a dip.



FOR THE BOYS

Waitrose Mini game pies, £5.99 pack of 12

Melt-in-the mouth venison in gravy. The buttery pastry crisped well, but we suggest using a pre-heated baking sheet to stop bases going soggy.



CROWD-PLEASER

Iceland 12 mini fish & chip cones, £2 frozen

The fish was flaky and the coating had a good crunch. The chips were crisp and not greasy. Serve in the mini paper cones provided. A real family favourite.



BEST BREAD

Asda Mini ciabatta fingers with dipping vinegars, £3

Individual rolls with a sweet herby taste. The balsamic dipping sauce had a good sweet-sour flavour, however we preferred slicing the fingers and filling them with mozzarella and fresh tomato. Suitable for vegetarians, bread suitable for freezing.



FAVOURITE OLIVES

Filippo Berio marinated queen olives, £2.79 230g

Lovely firm, juicy whole queen olives marinated in extra virgin olive oil with lemon and oregano for a sprightly kick. Keep a couple of jars for a handy standby nibble. *Available from Sainsbury's.*



TRADITIONAL BITES

Waitrose Ham hock scones, £5.99 pack of 12

Little scones that stayed light and fluffy after heating. Topped with a mixture of spicy mustard, cheddar and salty ham hock.

Compiled by SARAH SYSUM | Photographs ADRIAN TAYLOR

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Majority of stores. Available while stocks last. Online prices may vary from those in-store. Offer available from 8am on Tuesday 14th December 2010. Offer ends 31st December 2010. Extra Special Mini Chocolate Praline Mousse Pots 304g (£1.64 per 100g), Mini Lemon Meringue Pots 256g (£1.95 per 100g), Mini Coquille St Jacques 172g (£29.07 per kg). Photography shows serving suggestions.

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ON TEST
CONTINENTAL BAKERY

From panettone to amaretti, the *Good Food* team tasted more than 40 continental bakery buys to find their favourites

CRISP BISCOTTI

New Forest Coffee bean & hazelnut biscotti, £3.95, 150g



Crunchy and studded with whole nuts, chocolate and coffee beans. The orange zest added a pleasing zing. Excellent with espresso.

We also liked the lemon, honey and ginger flavour. A mellow, spicy biscuit, which worked well dunked into herbal tea. *Available from 07523 519239 newforestbiscotti.com*



BUTTERY STOLLEN

Favorina stollen, £1.99, 1kg

GoodFood BEST BUY!

Based on the traditional stollen recipe from Dresden. The buttery dough was rich in fruit, almonds and candied peel. We loved the slight spiciness from the cardamom and cinnamon and the generous log of soft almond paste in the middle. *Available from Lidl*

LIGHT PANDORO

Sainsbury's Italian pandoro, £5.50, 670g

Pandoro, or golden bread, is traditional sweet bread from Verona.



This pretty star-shaped cake impressed us with its golden colour, light airy sponge and even crumb. It had a lovely buttery flavour with just a hint of bitter almond.

It came with a sachet of icing sugar for decoration, and sliced easily to allow us to create the traditional stacked star shape (instructions are included).

FRUITY PANETTONE

Tesco Finest panettone, £10, 1kg

This tender brioche had lovely chunky fruit and a good yellow colour. The dough was light with a dark brown crust. 'You get a good aftertaste of the buttery bread,' said one tester. Would make great bread & butter pudding, too.



Coming a close second was Lidl's Favorina Panettone, £3.99, 1kg. With oodles of chewy peel, choose this if you prefer an aromatic citrus flavour.



NUTTY PANFORTE

Masoni panforte margherita, £3.75, 100g

Chewy and sweet, this concoction of almonds, hazelnuts, pine nuts and candied citrus peel had a mild taste of honey with a spicy aftertaste. A little goes a long way. Also available in 250g and 450g sizes, *Luigi's, 020 3051 9352, luigismailorder.com*

BEST AMARETTI

Marks & Spencer soft Tuscan amaretti, £4.99, 200g

Crumbly biscuits with a light texture and almond flavour.



If you prefer a crisp 'Saronno-style' biscuit, go for Amaretti di Saronno (£16.50, 450g tin) – strong apricot-almond taste. *Luigi's, 020 3051 9352, luigismailorder.com*

GREAT SNACK

Unearthed classic panettone with sugar nibs, £1.99, pack of 2

These mini plain panettones include diced candied fruit and nothing else. The texture was light and fluffy and the sugar nibs gave a lovely crunch. The addition of hazelnut flour in the mixture added a delicate nuttiness to the flavour. *Available from ocado.com*





FAVOURITE RICCIARELLI

Casa Corsini chocolate ricciarelli, £5.69, 200g

Most ricciarelli we tested was disappointingly dry and bland – these were an exception. With the classic almond shape and cracked icing sugar topping, these dinky biscuits had a slight chewiness in the centre. The chocolate flavour was prominent but didn't overpower the flavour of almonds. *Available from Waitrose, ocado.com*

TWIST ON A CLASSIC

Bettys Italian ricciarelli biscuit tray, £5.95, 200g

Large biscuits with a gooey almond filling. Not a classic shape or flavour, but we still enjoyed these, especially testers who had never tried ricciarelli before. The dark chocolate coating and orange oil in the almond mix stopped it from becoming too sickly. *Available from bettys.co.uk*



Compiled by SARAH SYSUM | Photographs ADRIAN TAYLOR

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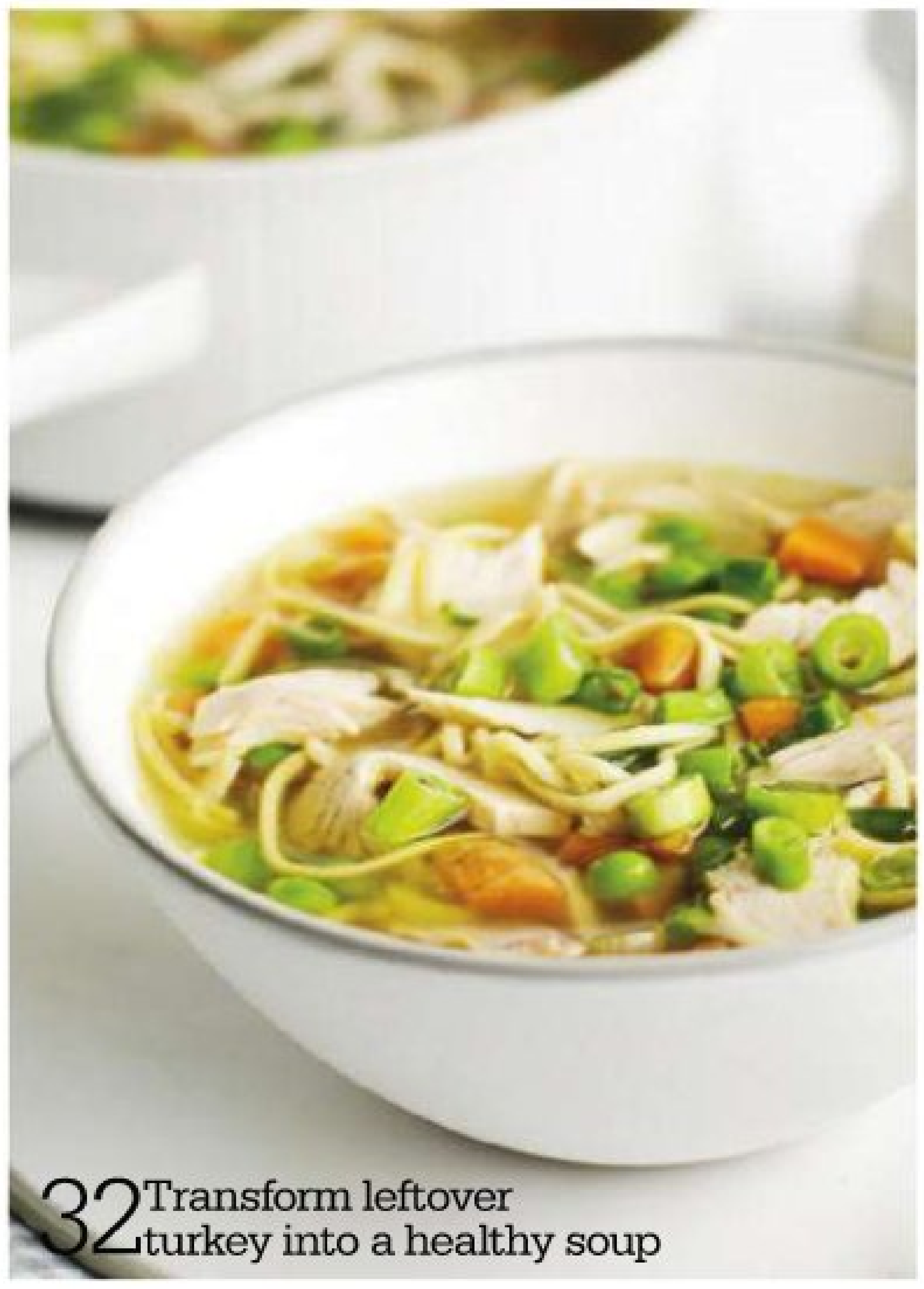
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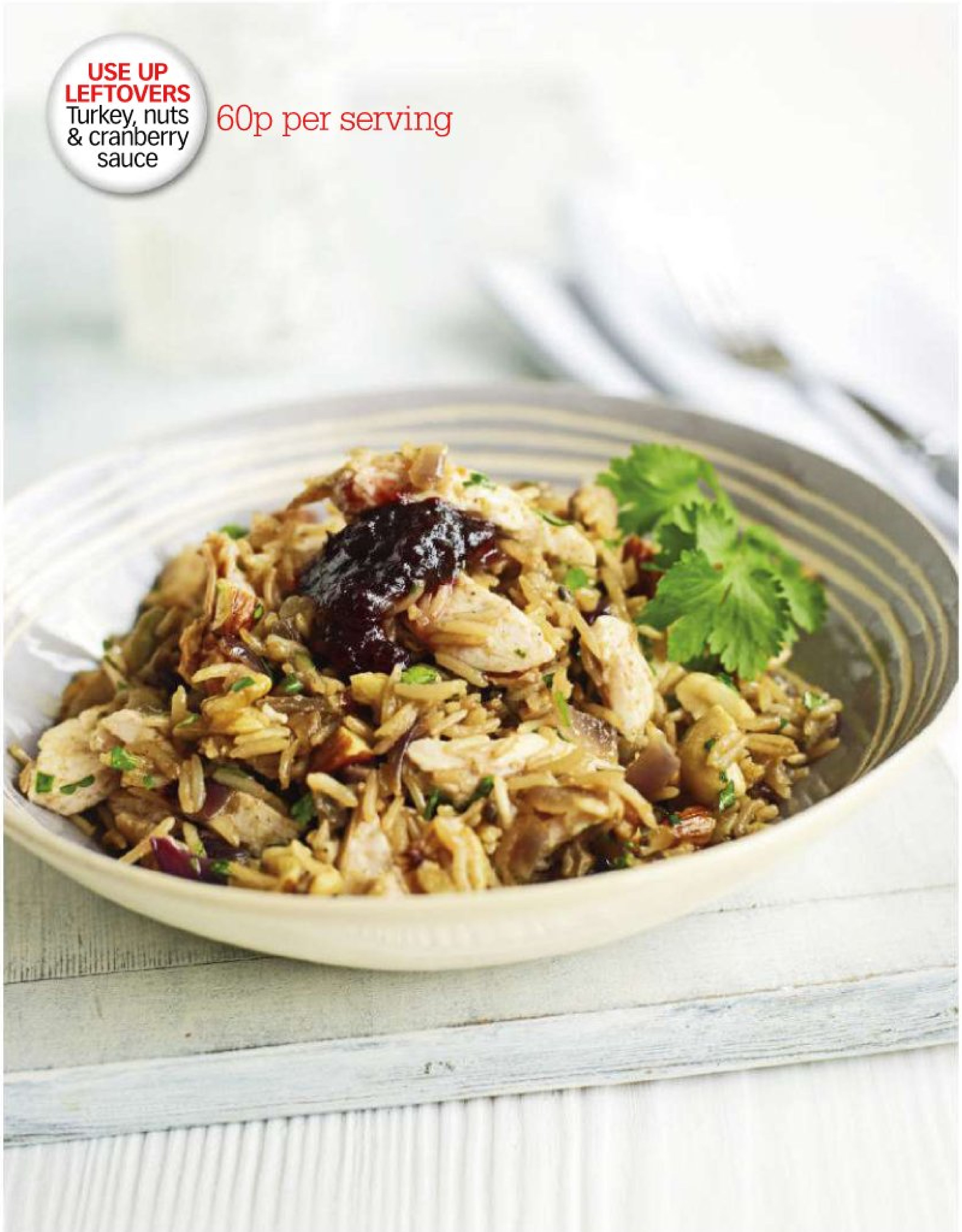
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Make it tonight

Cook these quick, moneywise suppers this month and use up festive leftovers at the same time

RECIPES Sarah Cook and Lucy Netherton PHOTOGRAPHS Will Heap



Winter pilaf

SERVES 2 • PREP 10 mins • COOK 35 mins Easy

1 tsp olive oil
1 red or white onion, chopped
1 garlic clove, crushed
4 cardamom pods, bashed
1 tsp ground cumin
1 cinnamon stick
100g/4oz mixed brown and wild rice (or basmati)
300ml/½pt vegetable stock
handful leftover cooked turkey, goose, duck, shredded
handful toasted nuts
handful coriander, roughly chopped
leftover cranberry sauce, to serve

Heat the oil in a pan and gently fry the onions and garlic until softened, about 5 mins. Add the spices and rice, then stir-fry for 1-2 mins. Pour in the hot stock and simmer until the stock is nearly all absorbed, about 20-25 mins. Stir in the turkey, add seasoning, then continue cooking until warmed through. Scatter over the nuts and coriander. Divide between two bowls and serve with a dollop of cranberry sauce.

PER SERVING 394 kcals, protein 14g, carbs 46g, fat 18g, sat fat 3g, fibre 2g, sugar 5g, salt 0.46g

TIP Short of time? Just grab a pouch of ready-cooked basmati or wild rice and heat through with the spices, cooked onions and shredded turkey.

Food styling VAL BARRETT | Styling GEORGINA LACEY

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Bolognese bake

SERVES 6 • PREP 5 mins • COOK 20 mins Easy

400g lean minced beef
3 garlic cloves, crushed
1 tbsp caster sugar
1 tbsp dried mixed Italian herbs
690ml jar passata with onions and garlic
350g/12oz penne
200ml tub half-fat crème fraîche
25g/1oz Parmesan, grated
garlic bread and salad, to serve

1 Heat grill to high. In a large, non-stick frying pan, fry the mince until browned. Add the garlic, sugar and herbs, and cook for 1 min more. Pour over the passata, add seasoning, then simmer while you cook pasta, following the pack instructions.
2 Meanwhile, mix the crème fraîche and Parmesan. Spoon half the mince into an ovenproof dish. Mix the rest with the pasta and pour this on top. Drizzle over the Parmesan cream and grill until golden and bubbling. Serve with salad and garlic bread.

PER SERVING 449 kcals, protein 25g, carbs 54g, fat 15g, sat fat 7g, fibre 2g, sugar 9g, salt 0.85g

Warm-you-up supper
76p per serving



TASTE TEAM COMMENT

'I thought the crème fraîche on top might curdle, but it was so lovely and creamy, it transformed basic bolognese to a new level.' SALLY

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Spaghetti with walnuts, raisins & parsley

SERVES 4 • PREP 10 mins •
COOK 15 mins Easy Superhealthy
Counts as 1 of your 5-a-day

300g/11oz spaghetti
2 tbsp olive oil
2 onions, sliced
5 tbsp raisins or sultanas
250ml/9fl oz chicken or vegetable stock
50g/2oz Parmesan, grated
5 tbsp chopped walnuts
small bunch flat-leaf parsley, finely chopped

Cook the pasta in boiling water, following pack instructions. Meanwhile, heat the oil in a frying pan and cook the onions until soft and golden brown – about 8-10 mins. Add the raisins and stock and cook for 2-3 mins until hot through. Toss with the pasta, Parmesan, walnuts and parsley.

PER SERVING 526 kcals, protein 18g, carbs 74g, fat 19g, sat fat 4g, fibre 4g, sugar 19g, salt 0.44g

TRY SOMETHING NEW
Walnut & pesto pasta

Make a quick pesto instead. Using a food processor, whizz the walnuts, Parmesan and parsley with the oil. Fold through the cooked spaghetti and raisins. Serve with extra Parmesan on top.

Mexican veggie wraps

SERVES 4 • PREP 15 mins •
COOK 25 mins Easy V
Superhealthy Low fat

½ butternut squash, peeled, cut into large wedges
1 red chilli, deseeded and chopped
1 tbsp Cajun spice mix
1 tbsp oil
400g can re-fried beans
2 tomatoes, chopped
4 tbsp yogurt
zest and juice 1 lime
50g bag rocket
8 flour tortillas

1 Heat oven to 200C/180C fan/gas 6. In a roasting tray, toss the squash with the chilli, spices, oil and seasoning, then roast for 25 mins until tender. Gently heat the refried beans with the chopped tomatoes until warmed through. Mix the yogurt with lime zest and juice.
2 Warm wraps according to pack instructions and spread with a thin layer of beans. Top with squash, some rocket, and a dollop of lime yogurt.

PER SERVING 427 kcals, protein 15g, carbs 81g, fat 6g, sat fat 1g, fibre 4g, sugar 8g, salt 1.86g

USE UP LEFTOVER SQUASH
Squash & sage pasta V

Microwave the **halved squash** on full power for 10-12 mins until tender. When cool enough to handle, scoop out the flesh and blitz with **2 tbsp mascarpone, 50g grated Parmesan** and **4 chopped sage leaves.** Cook **200g pasta shapes** following the pack instructions, then fold through the sauce.

TASTE TEAM COMMENT
'I wasn't sure I'd like this recipe because it is meat-free. But I loved the taste, the combination of sweet squash and tangy lime is a match made in heaven.' SALLY

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Veggie twist on fajitas
£1.20 per serving

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Broccoli soup with cheese toasties

SERVES 4 • PREP 15 mins • COOK 30 mins Easy

1 large potato, diced
1.2 litres/2 pints chicken or vegetable stock
400g/14oz broccoli, chopped into florets
FOR THE TOASTIES
7 slices bread
175g/6oz cheese, grated – Cheddar, Red Leicester or any blue cheese
1 egg, beaten
3 spring onions, chopped
few drops Worcestershire sauce

1 Heat oven to 200C/180C fan/gas 6. Put the potato and stock in a saucepan and bring to the boil, turn down to simmer for 10 mins until the potato is tender, then add the broccoli and some seasoning and cook for another 4-5 mins. Blend the soup until smooth, then return to the pan and keep warm while you make the toasties.
2 Whizz 1 slice of bread to make crumbs, then stir in the cheese, egg and onions. Spread over 3 slices of bread, add a dash of Worcestershire sauce, and sandwich each one together with the remaining slices. Brush with oil and bake for 10 mins, turning halfway through, until the outside is crisp and golden and middle melted. Cut into triangles and serve with the soup.
PER SERVING 464 kcals, protein 32g, carbs 42g, fat 19g, sat fat 10g, fibre 4g, sugar 3g, salt 2.28g

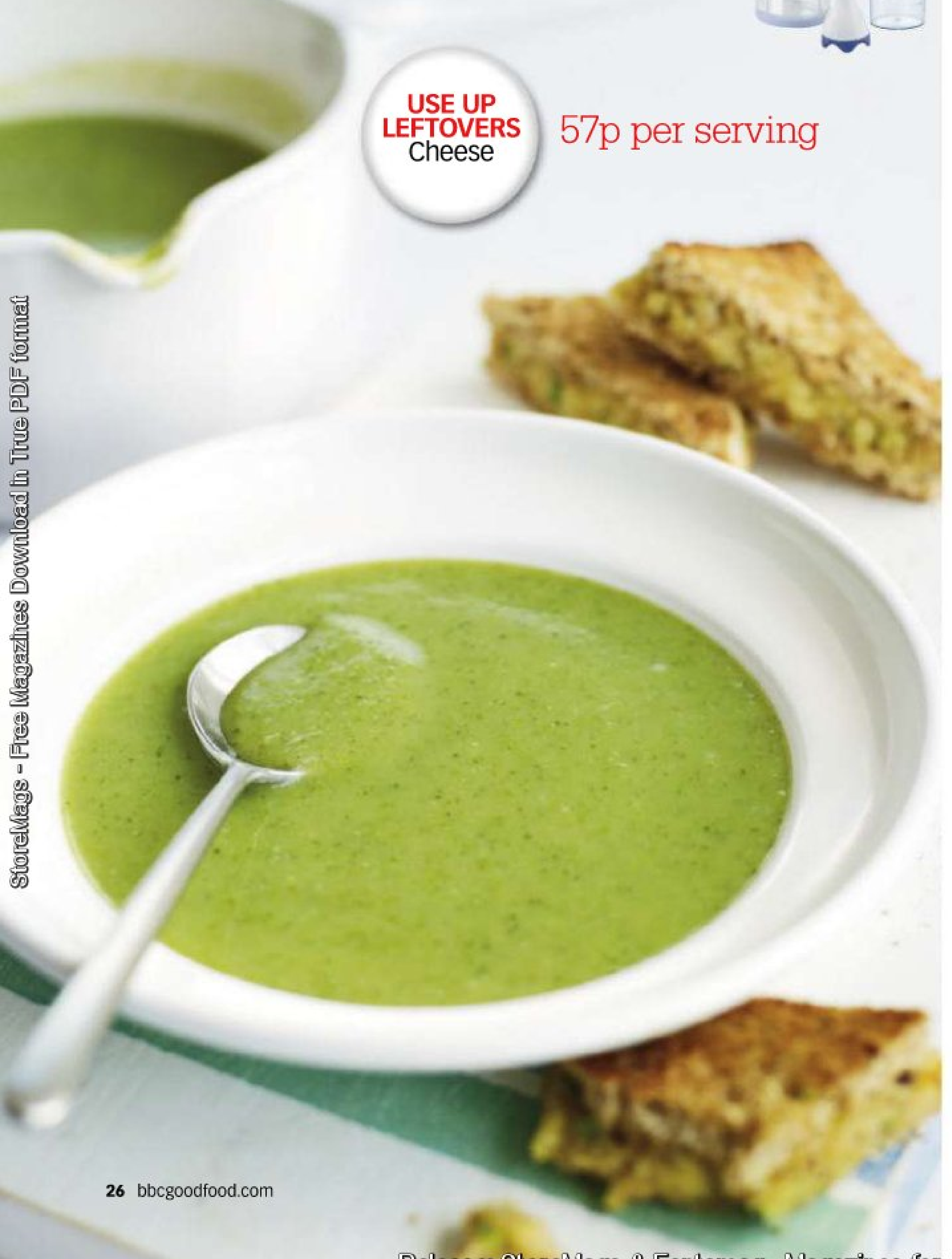
MAKE IT DIFFERENT
Broccoli & blue cheese soup
After blending the broccoli soup, stir in 175g crumbled blue cheese until melted. Serve with crusty bread.

GoodFood READER OFFER
The Philips Hand Blender, £29.99 plus £3.95 p&p, is brilliant for quick, smooth blending. **To order**, call 0845 166 4242 and quote GF/146.

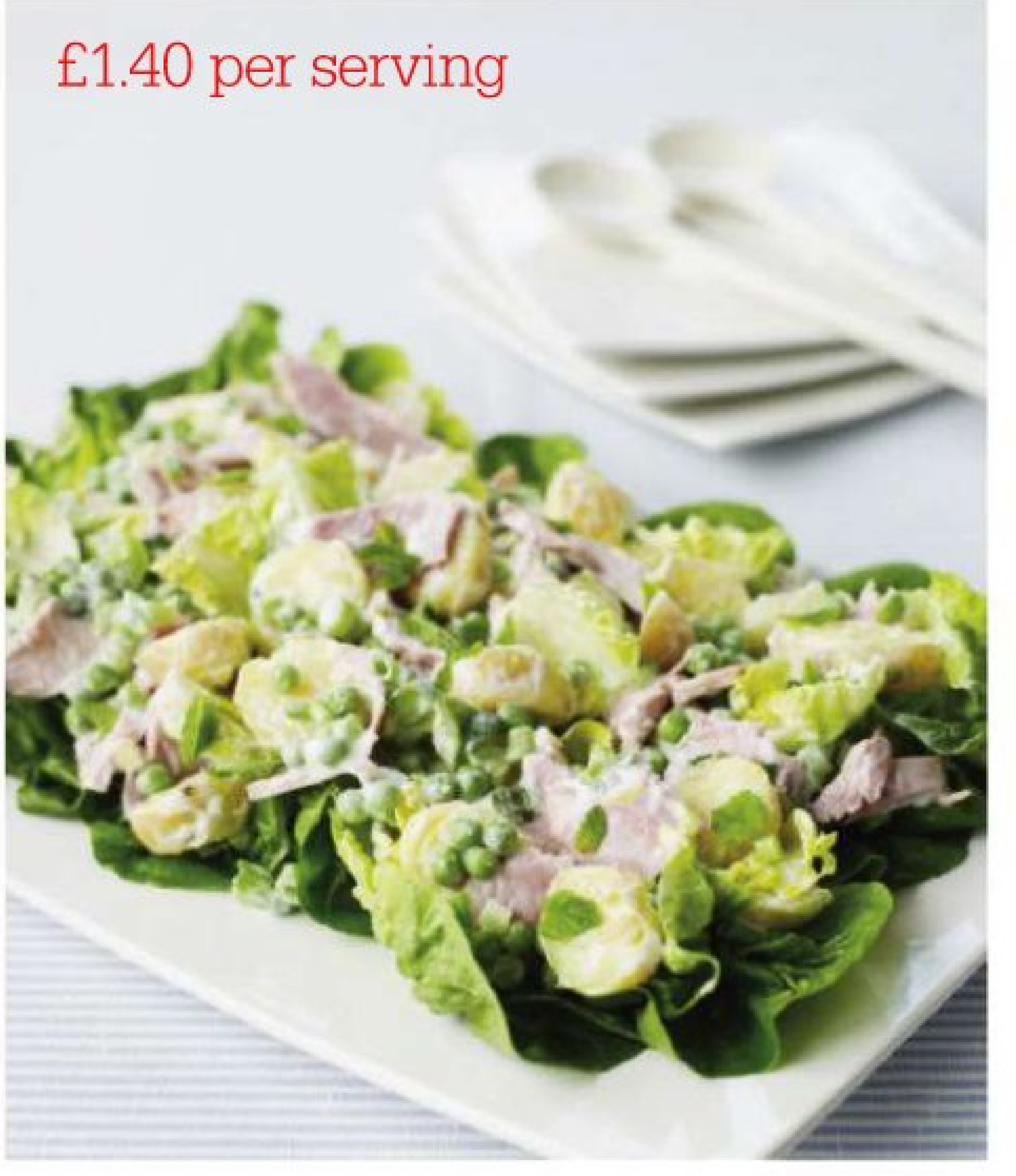


USE UP LEFTOVERS Cheese

57p per serving



£1.40 per serving



Big ham salad

SERVES 4 • PREP 20 mins • COOK 5 mins Easy **Superhealthy** Low fat

200g/7oz peas, defrosted
250g/9oz ham, shredded or torn
2 Little Gem lettuce, leaves separated
bunch spring onions, sliced
300g/11oz cooked new potatoes, sliced
small bunch mint, roughly chopped
150ml/¼pt natural yogurt
1 tsp sugar

Cook peas in boiling water for 1 min. Drain and rinse under cold water. Toss with ham, leaves, spring onions, potatoes and two-thirds of mint. Mix remaining mint with yogurt and sugar. Drizzle over salad.
PER SERVING 217 kcals, protein 20g, carbs 23g, fat 5g, sat fat 2g, fibre 4g, sugar 7g, salt 1.80g

USE UP LEFTOVER YOGURT
Creamy dill dip for 6
Mix **300ml yogurt** with **¼ grated cucumber**, seasoning and a **small bunch chopped dill.** Cut rest of **cucumber** into batons. Serve with toasted **pitta bread**.

Quick banana pud for 1
Slice **1 banana**, spoon over **4 tbsp of yogurt** and drizzle with **1 tbsp runny honey**. Top with **chopped nuts**.

Italian marinade for 2
Mix **200ml yogurt** with **1 crushed clove garlic, 2 tsp paprika, 1 tsp oregano, 1 tbsp lemon juice** and season. Coat **250g cubed chicken or lamb** and leave to marinate up to 24 hrs. Skewer meat and grill for 4-5 mins each side until cooked.

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Sticky pork with cranberries

SERVES 4 • PREP 15 mins • COOK 25 mins Easy

1 tbsp plain flour
500g/1lb 2oz pork tenderloin, sliced into steaks
1 tbsp oil
2 red onions, cut into wedges
400ml/14fl oz chicken stock
4 tbsp cranberry sauce
1 tbsp honey

1 Season the flour and dust the pork slices. Heat the oil in a large frying pan, then cook the pork for 3-4 mins each side until browned and cooked through. Transfer to a plate and set aside.
2 Add the red onion wedges to the pan and fry for 5-8 mins until soft and starting to turn golden. Stir in the stock, cranberry sauce and honey and simmer for 10 mins. Return the pork with any resting juices and gently cook for 1-2 mins until hot through. Serve with some mash or jacket potatoes and vegetables.

PER SERVING 281 kcals, protein 31g, carbs 14g, fat 11g, sat fat 3g, fibre 1g, sugar 11g, salt 0.43g

MAKE IT WITH BEEF

Easy beef with horseradish

Use 500g sliced rump steak instead of the pork and white onions instead of red. Then stir through 2-3 tbsp of horseradish sauce instead of the cranberry sauce.

USE UP LEFTOVERS Cranberry sauce

£1.53 per serving



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GoodFood READER OFFER

The La Cuisine red cast-iron roaster, £39.99 (RRP £59) inc p&p, is perfect for making pies, roasts or lasagne. **To order**, call 01483 204 455 and quote GF/081.

Sausage, apple & leek pie

SERVES 6 • PREP 10 mins • COOK 45 mins Easy ❄

8 pork sausages
3 leeks, sliced
1 apple, peeled and sliced
1 tbsp plain flour
1 tbsp grainy mustard
200ml/7fl oz stock
375g pack ready-rolled shortcrust pastry
1 egg, beaten

1 Heat oven to 200C/180C fan/gas 6. Fry the sausages in a large frying pan until browned all over, remove and set aside. Remove most of the fat left in the pan, then add leeks and soften for 8-10 mins. Add the peeled apple slices and cook for 1 min more. Stir in the flour, followed by the mustard. Pour over the stock and bubble for 2 mins to make a sauce.

2 Chop the sausages into chunks and stir into the pan. Then, tip everything into a large ovenproof dish. Top with the pastry, trimming off any excess and glaze with the egg. Bake for 25 mins until golden.

PER SERVING 567 kcals, protein 16g, carbs 42g, fat 38g, sat fat 13g, fibre 3g, sugar 6g, salt 2.24g

TASTE TEAM COMMENT



'Fast and fun – my kids helped make this. The grainy mustard enhanced the flavour of all the other ingredients.' ANNA MARIA

Smoked mackerel, orange & couscous salad

SERVES 4 • PREP 15 mins • NO COOK Easy

200g/7oz couscous – use wholemeal, if you can get it
3 oranges, 2 peeled and thinly sliced, 1 juiced
3 tbsp red wine vinegar
1 tsp sugar
3 tbsp olive oil
1 red onion, finely chopped
100g bag watercress, roughly chopped
240g pack peppered mackerel fillets, flaked into large chunks

Pour 250ml boiling water over couscous, cover and leave 10 mins, then fluff up with a fork. Meanwhile, make the dressing. Mix orange juice, vinegar, sugar and oil with some seasoning. Mix through the couscous with remaining ingredients.

PER SERVING 456 kcals, protein 16g, carbs 38g, fat 27g, sat fat 5g, fibre 2g, sugar 12g, salt 1.17g

MAKE IT VEGGIE

Roasted veggie & citrus couscous

Instead of mackerel, use 1 aubergine and 2 peppers. Chop into small chunks, add a drizzle of oil, plus salt and pepper. Roast for 25 mins at 200C/180C fan/gas 6. Toss through the couscous with the dressing, orange slices and watercress.

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Christmas pud ice cream

SERVES 4 • PREP 10 mins plus freezing • NO COOK Easy

1 litre tub vanilla ice cream, slightly softened
200g/7oz leftover Christmas pudding, crumbled
toffee sauce or amaretto, to serve

Whiz the ice cream in a food processor until smooth, fold in the Christmas pudding and scrape into a freezer-proof container. Freeze for at least 2 hrs then scoop into bowls and top with the toffee sauce or amaretto.

PER SERVING 440 kcals, protein 5g, carbs 64g, fat 19g, sat fat 11g, fibre 1g, sugar 53g, salt 0.60g

TIP You can also use up any leftover cakes or biscuits by adding them to vanilla ice cream. Or try folding through crushed meringues and a drizzle of lemon curd for an easy lemon meringue pie ice cream.

USE UP LEFTOVERS Christmas pudding


49p per serving

For more simple family suppers, visit **bbcgoodfood.com**

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“FRIENDS SAY LAMB WITH SAGE, ROSEMARY AND LEMON IS MY SIGNATURE DISH.”

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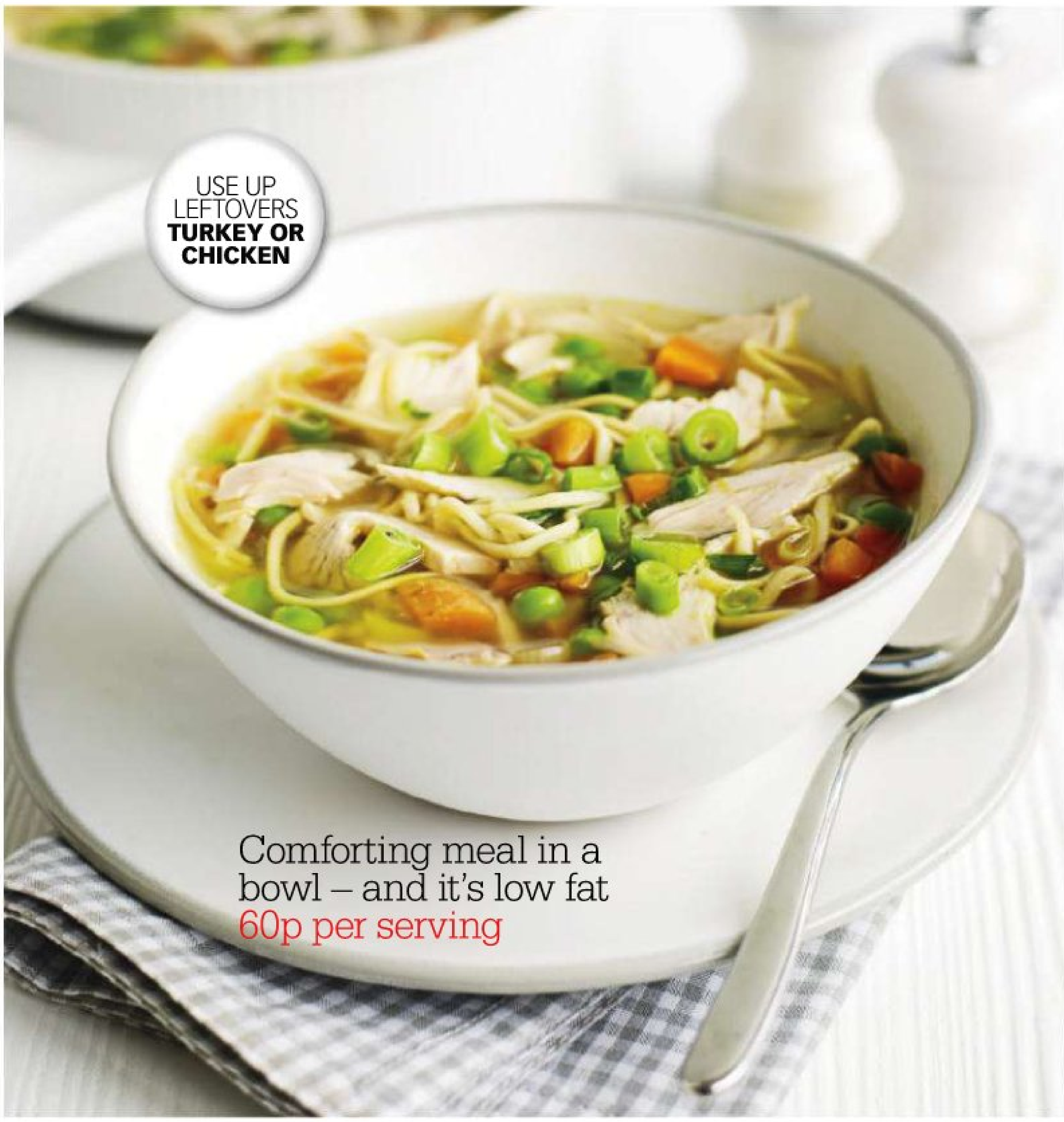
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5 Healthy suppers

If you're feeling the strain of Christmas over-indulgence, these delicious healthy recipes will help to restore the balance

Recipes LUCY NETHERTON Photographs WILL HEAP



Comforting meal in a bowl – and it's low fat
60p per serving

Turkey noodle soup

SERVES 4 • PREP 10 mins • COOK 10 mins

Easy ❄ **Superhealthy** Counts as 1 of 5-a-day, low fat

This soup is a great way to use up chicken or turkey, and it can be spiced up with sliced red chillies if you like a bit of a kick.

1.2 litres/2 pints low-sodium chicken stock
4 small carrots, peeled and chopped
140g/5oz medium egg noodles
200g/7oz shredded, cooked turkey or chicken
200g/7oz frozen peas
1 bunch spring onions, sliced, white and green parts separated

Bring the stock to the boil and throw in the carrots. Boil for 4 mins, then add the noodles and simmer for 3 mins. Stir in the turkey, peas and the white part of the spring onions, heat for 1 min or until everything is hot through. Ladle into bowls, scatter with the green part of the onions to serve.

PER SERVING 285 kcals, protein 23g, carbs 36g, fat 6g, sat fat 1g, fibre 5g, sugar 6g, salt 0.42g

Tandoori lamb skewers with crunchy slaw & raita

SERVES 2 • PREP 10 mins • COOK 10 mins

Easy ❄ lamb only uncooked

Superhealthy High in fibre, good source of iron and vit C, counts as 3 of 5-a-day

4 tbsp 0% fat Greek yogurt
1 tbsp tandoori paste
175g/6oz leg of lamb steak, all visible fat removed, cubed
small bunch coriander, chopped
2 wholemeal chapatis

FOR THE SLAW

1 carrot, peeled and sliced into strips with a peeler
¼ white cabbage, shredded
1 red onion, sliced
juice 1 lime
2 tsp olive oil
1 tsp mustard seeds

1 In a medium bowl, combine 2 tbsp of yogurt with the tandoori paste. Add lamb, mixing to coat all the pieces. Make raita with the remaining yogurt, 1 tbsp of the chopped coriander and some seasoning, then set aside. For the slaw, mix together all of the vegetables and the remaining coriander in a large bowl, then stir in the lime juice, oil and mustard seeds.

2 Heat the grill to high. Divide the lamb between 4 skewers, grill for 3-4 mins each side, until lightly charred and cooked through. Serve with the slaw, raita and warmed chapatis.

PER SERVING 441 kcals, protein 30g, carbs 41g, fat 18g, sat fat 5g, fibre 8g, sugar 16g, salt 1.14g

GoodFood READER OFFER

This Mermaid roasting duo, at £39.99, is perfect if you're cooking for two. The roasting dish (26 x 20 x 4cm) comes with a lid that can be used as a baking tray. **To order**, call 01483 204455 and quote GF/081.



Food styling VAL BARRETT | Styling GEORGIA LACEY

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Three of your 5-a-day
£2.36 per serving

TASTE TEAM COMMENT
'The flavours were fantastic. The children really enjoyed these and I was surprised at how little time it took to marinate the lamb.' ANNA MARIA

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78p per serving

Homemade fish finger sarnie

SERVES 4 ● PREP 15 mins ● COOK 30 mins
Easy ❄ Fish only uncooked
Superhealthy Good source of folic acid, counts as 1 of 5-a-day, low fat

300g/11oz skinless white fish fillet
1 large egg, beaten
50g/2oz cornflakes, blitzed or bashed into crumbs
3 sweet potatoes, cut into chunky chips
1 tbsp olive oil
4 small wholemeal buns
small handful mixed salad leaves
1 lemon, cut into wedges
FOR THE TARTARE SAUCE
2 tbsp light mayonnaise
1 tbsp gherkins
1 tsp capers, rinsed and chopped

1 Heat oven to 200C/180C fan/gas 6. Cut the fish into 4 equal-sized portions. Dip in beaten egg, coat in cornflakes, then chill for 10 mins. Toss sweet potatoes in oil and seasoning, then cook for 20 mins on a baking tray. Meanwhile, make the tartare sauce. Mix all the ingredients with some seasoning, then set aside.
2 Remove the sweet potato chips, turn them over, add the fish to the tray and cook everything for 15 mins more, turning the fish halfway through. When cooked, add a few salad leaves to each bun, top with a fish finger and a dollop of tartare and serve with the chips and lemon wedges for squeezing over.
PER SERVING 410 kcals, protein 23g, carbs 63g, fat 9g, sat fat 2g, fibre 6g, sugar 12g, salt 1.47g

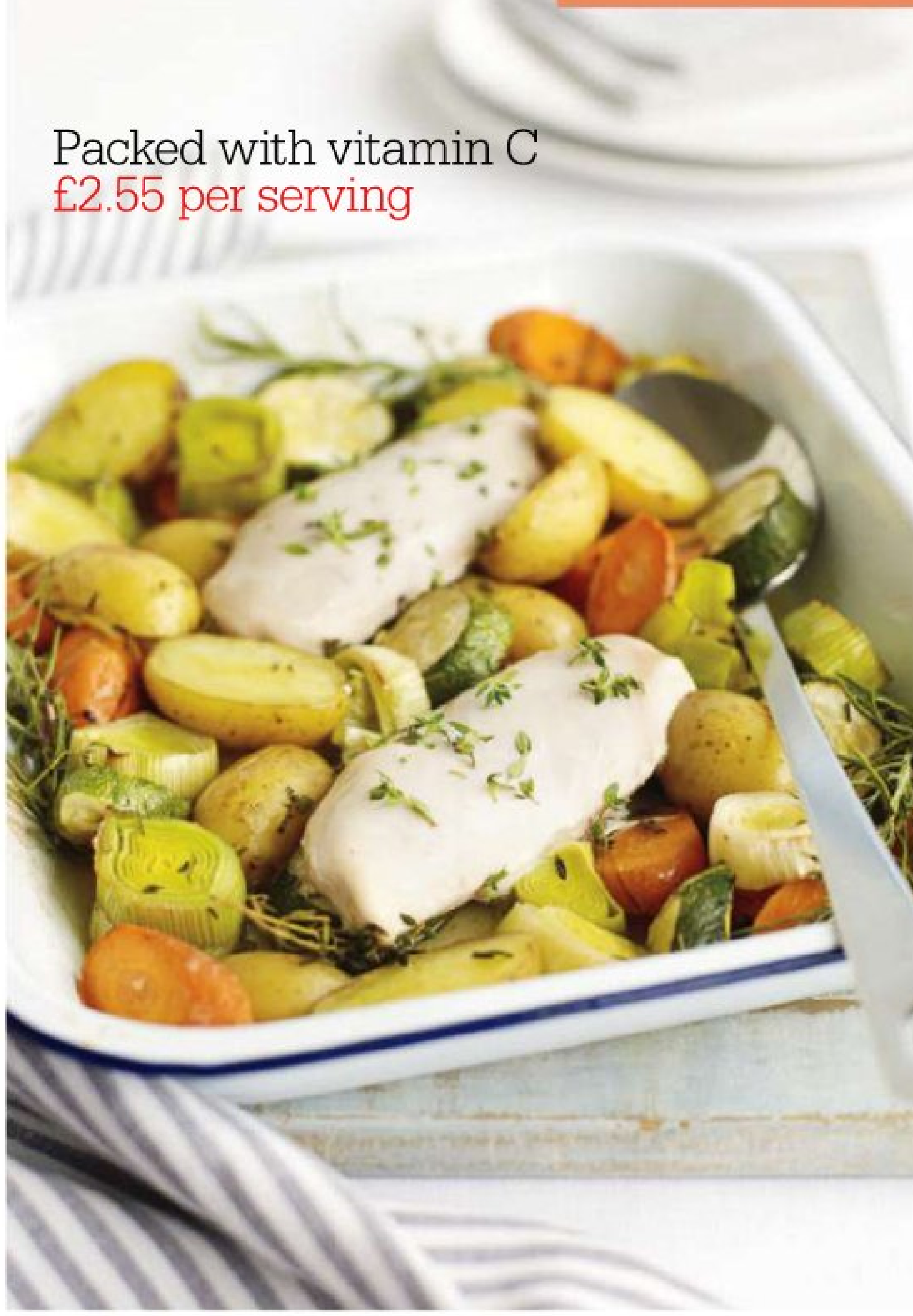
TASTE TEAM COMMENT
'This combination really worked. I was surprised at how crunchy the cornflakes were around the fish, but the textures were fantastic.' SALLY

All-in-one roast chicken & veg

SERVES 2 ● PREP 10 mins ● COOK 50 mins Easy ❄ **Superhealthy**
Good source of vit C and folic acid, counts as 1 of 5-a-day, low fat

8 baby new potatoes, halved
2 tsp olive oil
2 carrots, sliced
1 courgette, sliced
1 leek, sliced
1 tsp each chopped thyme and rosemary, plus a sprig or two
2 small skinless chicken breasts
150ml low-sodium chicken stock

Heat oven to 200C/180C fan/gas 6. In a small roasting tray toss the potatoes with the oil, carrots, courgette, leek, herbs and seasoning. Roast for 30 mins until starting to brown. Remove from the oven and give the veg a stir, nestle in the chicken, then return to the oven for 15 mins. Pour over the stock, then cook for 5 mins more or until the chicken and veg are cooked through.
PER SERVING 300 kcals, protein 34g, carbs 27g, fat 7g, sat fat 1g, fibre 5g, sugar 10g, salt 0.32g



Packed with vitamin C
£2.55 per serving

Lemony mushroom pilaf

SERVES 4 ● PREP 10 mins ● COOK 30 mins Easy V **Superhealthy**
Counts as 1 of 5-a-day, low fat
Cooking the mushrooms and onion in stock is so much healthier than frying them.

500ml/18fl oz vegetable stock
1 onion, sliced
300g/11oz mixed mushrooms, sliced
2 garlic cloves, crushed
200g/7oz mixed basmati and wild rice
zest and juice 1 lemon
small bunch snipped chives
6 tbsp light soft cheese with garlic & herbs

Put 2 tbsp of the stock in a non-stick pan, then cook the onion for 5 mins until softened – add a splash more stock if it starts to dry out. Add mushrooms and garlic and cook for 2 mins more. Add the rice and lemon zest and juice, mixing well. Pour in remaining stock and seasoning and bring to the boil. Turn down, cover and simmer for 25-30 mins until rice is tender. Stir through half each of the chives and soft cheese, then serve topped with the remaining chives and soft cheese.
PER SERVING 249 kcals, protein 12g, carbs 44g, fat 4g, sat fat 2g, fibre 2g, sugar 4g, salt 0.62g

• Next month, look out for our brilliant new healthy eating section, packed with recipes and practical advice



Lighter alternative to risotto
75p per serving

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Simple sides

Perk up your midweek meals with one of these superhealthy side dishes



Italian butter beans

SERVES 4 • PREP 5 mins • COOK 15 mins

Easy V ❄ **Superhealthy** High in fibre, counts as 2 of 5-a-day, low fat

1 tbsp olive oil
4 garlic cloves, crushed
400g tin chopped tomatoes
2 tsp sugar
2 x 400g tins butter beans
small bunch basil, chopped

Heat the oil in a medium saucepan. Fry the garlic for 1 min, then add the tomatoes, sugar and some seasoning. Tip in the beans and a splash of water. Cover and simmer for 5 mins, then stir in the basil and serve.

Lovely with Pork schnitzel, p40

PER SERVING 140 kcals, protein 8g, carbs 20g, fat 4g, sat fat 1g, fibre 6g, sugar 6g, salt 1.41g



Spicy potatoes

SERVES 4 • PREP 5 mins • COOK 25 mins

Easy V **Superhealthy** Good source of vitamin C, low fat

800g/1lb 12oz potatoes, peeled and cut into small cubes
2 tbsp olive oil
1 tsp mustard seeds
1 tsp turmeric
2 tsp garam masala
140g/5oz frozen peas

Cover the potatoes in cold salted water, then bring to the boil. Simmer for 5 mins, until just tender. Drain and allow to steam dry for a few mins. Heat the oil in a frying pan and fry the spices for 1 min until fragrant. Tip in the potatoes and toss well so they are coated in the spices. Gently fry for 5-10 mins until slightly golden, then add peas, mix well and cook for 3-4 mins more. Season well before serving.

Great with Lamb tagine, p78

PER SERVING 236 kcals, protein 7g, carbs 39g, fat 7g, sat fat 1g, fibre 4, sugar 2g, salt 0.04g

Roasted herby mushrooms

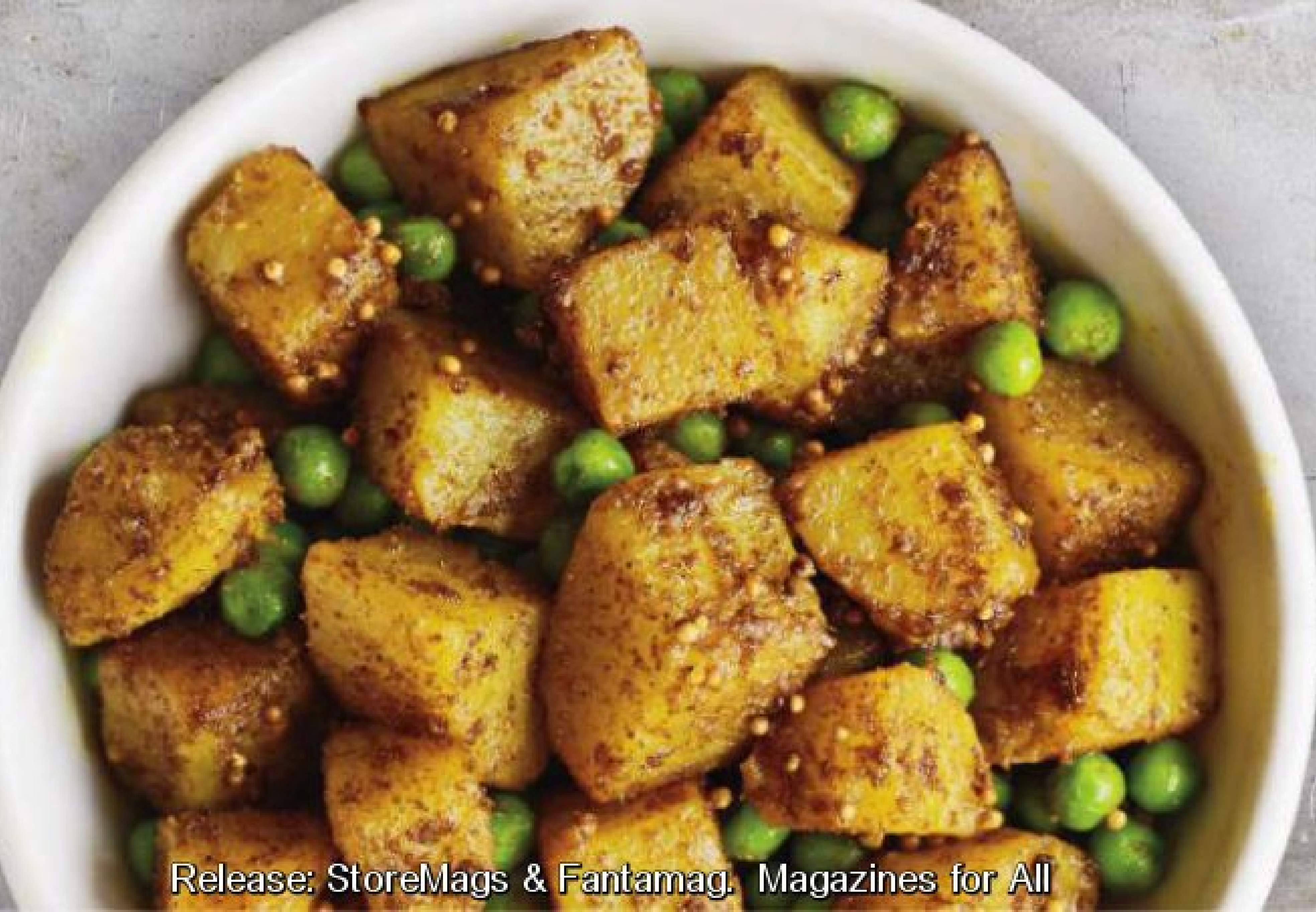
SERVES 2-3 • PREP 10 mins • COOK 30 mins Easy V **Superhealthy** Counts as 1 of 5-a-day

500g/1lb 1oz mixed mushrooms, halved
3 garlic cloves, finely chopped
1 tbsp finely chopped rosemary leaves
2 tbsp olive oil
1 tbsp balsamic vinegar
small handful parsley, chopped

Heat oven to 200C/180C fan/gas 6. Arrange the mushrooms in a roasting tray in a single layer, then cook for 15 mins. Meanwhile, mix the garlic, rosemary, olive oil and vinegar with some seasoning. Remove mushrooms and pour away any liquid, then toss in the oil and herb mix. Return to the oven for 10-15 mins more until tender. Scatter with the parsley before serving.

Perfect with Salmon & watercress parcels, p40

PER SERVING 155 kcals, protein 5g, carbs 7g, fat 12g, sat fat 2g, fibre 2g, sugar 2g, salt 0.19g



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Recipes LUCY NETHERTON | Photograph WILL HEAP | Food styling VAL BARRETT | Styling JO HARRIS

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Fresh from the freezer

Emma Lewis shows you how to prepare simple suppers that can be frozen as individual portions – perfect for a busy household

Photographs AMANDA HAYWOOD



Spiced pepper pilafs

SERVES 8 • PREP 10 mins • COOK 50 mins

Easy ❄ V **Superhealthy** Good source of vitamin C, counts as 2 of 5-a-day, low fat

1 tbsp vegetable oil
1 onion, finely chopped
2 garlic cloves, crushed
1cm piece ginger, finely chopped
1 tsp tomato purée
1 tsp ground cumin
1 tsp garam masala
200g/7oz basmati rice
850ml/1½pts vegetable stock
140g/5oz red lentils, washed and drained
200g bag spinach leaves, chopped
handful mint leaves, chopped
8 peppers

1 Heat the oil in a large saucepan with a lid. Add the onion, garlic and ginger, then gently cook for 5 mins until softened. Stir in the tomato purée and spices, and cook for 1 min more. Add the rice, stir to coat, then pour in the stock. Bring to the boil, tip in the lentils, cover with the lid and leave to cook over a low heat for 15 mins, until the lentils and rice are cooked. Stir through the spinach and mint *(see tip, below, if freezing)*.

2 Use a sharp knife to slice the top off each pepper. Cut out the middle stalk and scoop out any seeds. Carefully trim the bottoms slightly so they stand upright, but the filling won't fall out. Fill each pepper with the rice mix and place the lid on top. Bake or freeze *(see freezer tips, below)*.

3 To cook, defrost peppers completely if frozen. Heat oven to 200C/180C fan/gas 6. Place the peppers on a lightly greased baking tray and cook for 25-30 mins or until the peppers have softened. Serve with a green salad tossed with cucumber, herbs and a dollop of yogurt.

PER SERVING 209 kcals, protein 8g, carbs 39g, fat 2g, sat fat 1g, fibre 4g, sugar 8g, salt 0.38g

TIP

To safely freeze rice, make sure you cool the cooked rice as quickly as possible – spread it out on a tray and leave for no longer than 1 hr. Then fill the peppers and freeze straight away. You should only reheat the rice once after defrosting.

FREEZER TIPS

Packing These recipes are perfect for freezing in individual portions. Just make sure you have a good supply of foil, cling film, plastic freezer bags and airtight plastic containers in assorted sizes.

Wrap each item tightly so as little air and water as possible gets to the food to avoid freezer burn, or the formation of ice crystals. Neither make your food unsafe to eat but will affect the taste and texture. To add another layer of protection and make storage easier, place items in a freezer bag as well.

To freeze items flat, try putting them on a baking sheet before placing in the freezer. Once frozen, remove from the sheet, wrap and pile them up to save space.

Labelling To avoid having a freezer full of mysterious items, label everything. You can buy labels and a permanent marker pen to help you keep track, and make sure you write on the date as well.

Storing Aim to keep food in the freezer for no more than 3 months. You can keep it for longer, but the food will begin to break down, especially smaller items, and the taste and texture will start to deteriorate.

Defrosting and cooking See recipes for individual instructions, as some dishes can be cooked straight from frozen, while others need defrosting first.

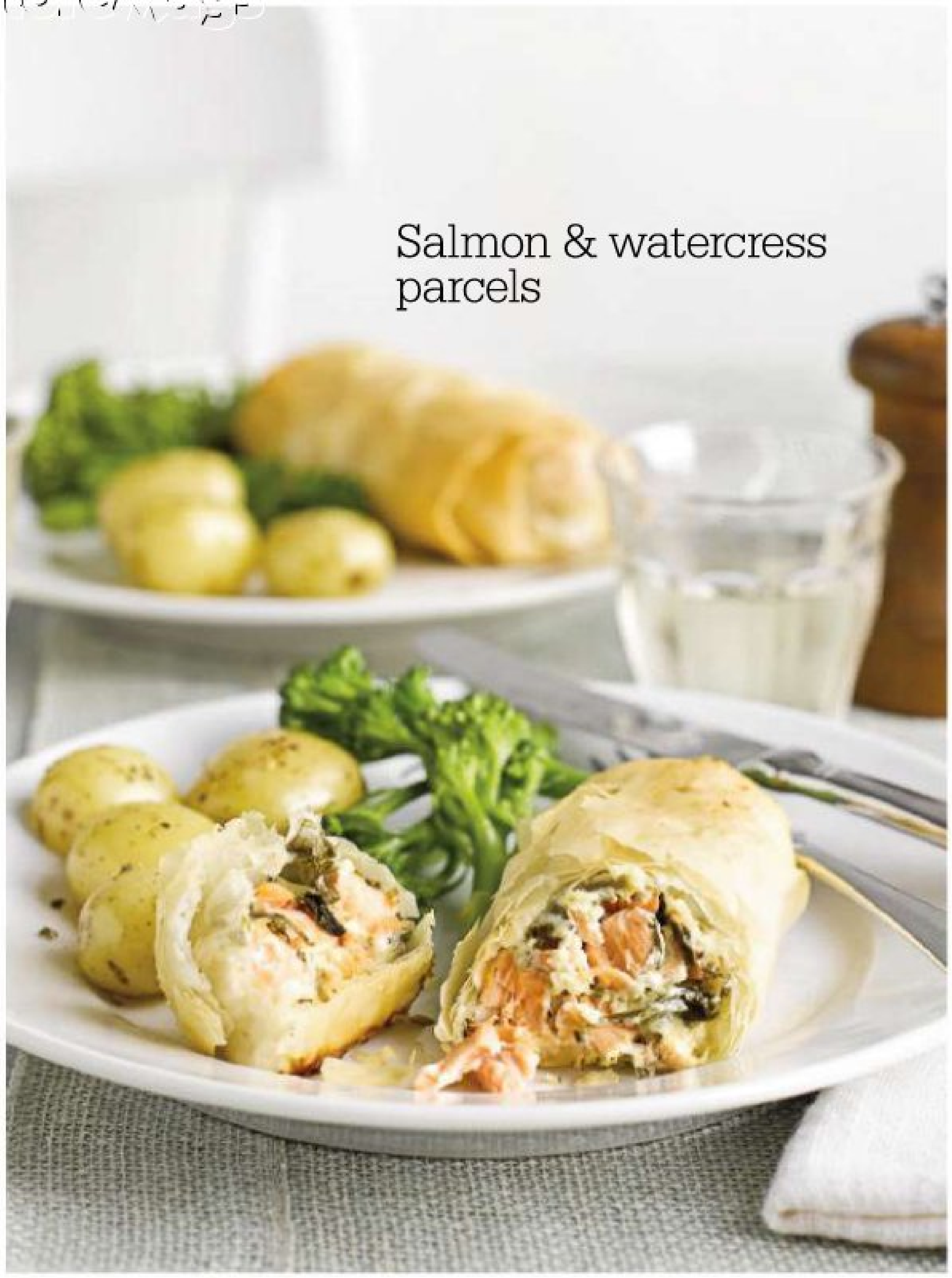
Individual portions should defrost in time for dinner if you transfer them to the fridge the night before. When cooking or reheating always test that the food is piping hot all the way through.

Food styling EMMA JANE FROST | Styling JENNY IGGLEDEN

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Salmon & watercress parcels



Pork schnitzel



Spicy mini meatloaves



Creamy ham & mustard chicken

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Pork schnitzel

SERVES 8 • PREP 10 mins • COOK 15-20 mins
Easy

Children love anything breadcrumbed and these won't disappoint.



2 eggs, beaten
handful sage leaves, finely chopped
140g/5oz dried breadcrumbs
8 boneless pork chops, fat trimmed
4 tbsp butter, melted

1 Tip the sage leaves and breadcrumbs onto a plate, then mix together with a little seasoning. Pour the eggs onto another plate. Pat the pork dry, then coat each chop in the egg mixture, letting any excess drip away. Then dip in the breadcrumbs until well covered. Cook or freeze *(see tips, p38)*.
2 To cook, defrost completely if frozen. Place the chops on a lightly greased baking sheet and brush with a little of the butter. Cook under a medium grill for 7-10 mins until browned. Then turn over, brush with more butter and cook for a further 7 mins until crisp, browned all over and cooked through. Serve with green beans, fresh peas and some mashed potato mixed with grated cheddar.

PER SERVING 324 kcals, protein 36g, carbs 13g, fat 14g, sat fat 6g, fibre 1g, sugar 1g, salt 0.56g

Salmon & watercress parcels

SERVES 8 • PREP 15 mins • COOK 20-25 mins Easy

These smart little parcels take less than an hour to cook from frozen.



85g/3oz butter
5 tbsp olive oil
½ x 500g tub crème fraîche
zest 2 lemons
8 sheets filo pastry
900g/2lb skinless, boneless salmon, cut into 1cm pieces
100g bag watercress, chopped

1 Melt butter in a pan, then stir in oil. Mix together the crème fraîche and lemon zest. Unwrap the pastry and loosely cover with damp kitchen paper. Place a sheet of filo on your work surface, then cut it in half to make 2 squares. Brush 1 square with some butter mix, then top with the other square.
2 Divide the salmon into 8 portions, and arrange a portion at one end of the pastry, leaving a 2cm gap around the edges. Scatter over some watercress, crème fraîche and seasoning. Fold up edges to enclose the filling. Repeat for other parcels. Bake or freeze *(see tips, p38)*.
3 To cook straight away, heat oven to 190C/170C fan/gas 5. Place the parcels on a lightly greased baking sheet, seam side down, and brush with butter mix. Bake for 20-25 mins until the pastry is crisp and salmon cooked through. To cook from frozen, heat oven to 180C/160C fan/gas 4. Place the parcels on a baking sheet and cover with foil. Bake for 35 mins, then remove the foil and increase the temperature to 220C/200C fan/gas 8. Brush with butter mix and bake for 20 mins more until golden. Serve with boiled new potatoes and broccoli.

PER SERVING 467 kcals, protein 25g, carbs 13g, fat 35g, sat fat 13g, fibre 1g, sugar 1g, salt 0.45g

Creamy ham & mustard chicken

SERVES 8 • PREP 15 mins • COOK 7-10 mins Easy

You could use turkey steaks in this recipe instead of chicken.



2 tbsp vegetable oil
8 skinless, boneless chicken breasts
8 slices thinly cut smoked ham
100g/4oz Gruyère or cheddar, grated
6 tbsp crème fraîche
3 tbsp wholegrain mustard

1 Lightly rub a little oil over each chicken breast. Place between 2 pieces of cling film and bash with a rolling pin until flattened and no more than 1cm thick. Season and place a slice of ham on top of each chicken breast. Mix together the cheese, crème fraîche and mustard and spread over the ham. Cook or freeze *(see tips, p38)*.
2 To cook straight away, place the chicken on a lightly greased baking sheet and cook under a medium grill for 7-10 mins until chicken is cooked through and the cheese is bubbling and browned. If the cheese browns a little too much for your liking, simply finish off the cooking in a hot oven.
3 To cook from frozen, heat oven to 180C/160C fan/gas 4. Place the chicken on a baking tray and loosely cover with foil. Cook for 30 mins, then remove the foil, increase the temperature to 220C/200C fan/gas 7 and cook for a further 25 mins.
4 If you want the topping golden, flash under a hot grill for a few mins. Serve in a crusty roll with some green leaves, tomatoes and coleslaw on the side.

PER SERVING 271 kcals, protein 36g, carbs 1g, fat 13g, sat fat 6g, fibre 1g, sugar 1g, salt 1.01g

Spicy mini meatloaves

SERVES 8 • PREP 15 mins • COOK 25-30 mins Easy
Superhealthy Good source of iron, low fat



1kg/2lb 4oz lean minced beef
100g/4oz white breadcrumbs
3 spring onions, trimmed and finely chopped
2 garlic cloves, crushed
2 eggs, beaten
2 tsp ground cumin
½ tsp Tabasco, optional
handful coriander leaves, finely chopped
12 cherry tomatoes, halved
6-8 tbsp chilli sauce (we used Linghams), optional
vegetable oil, for greasing

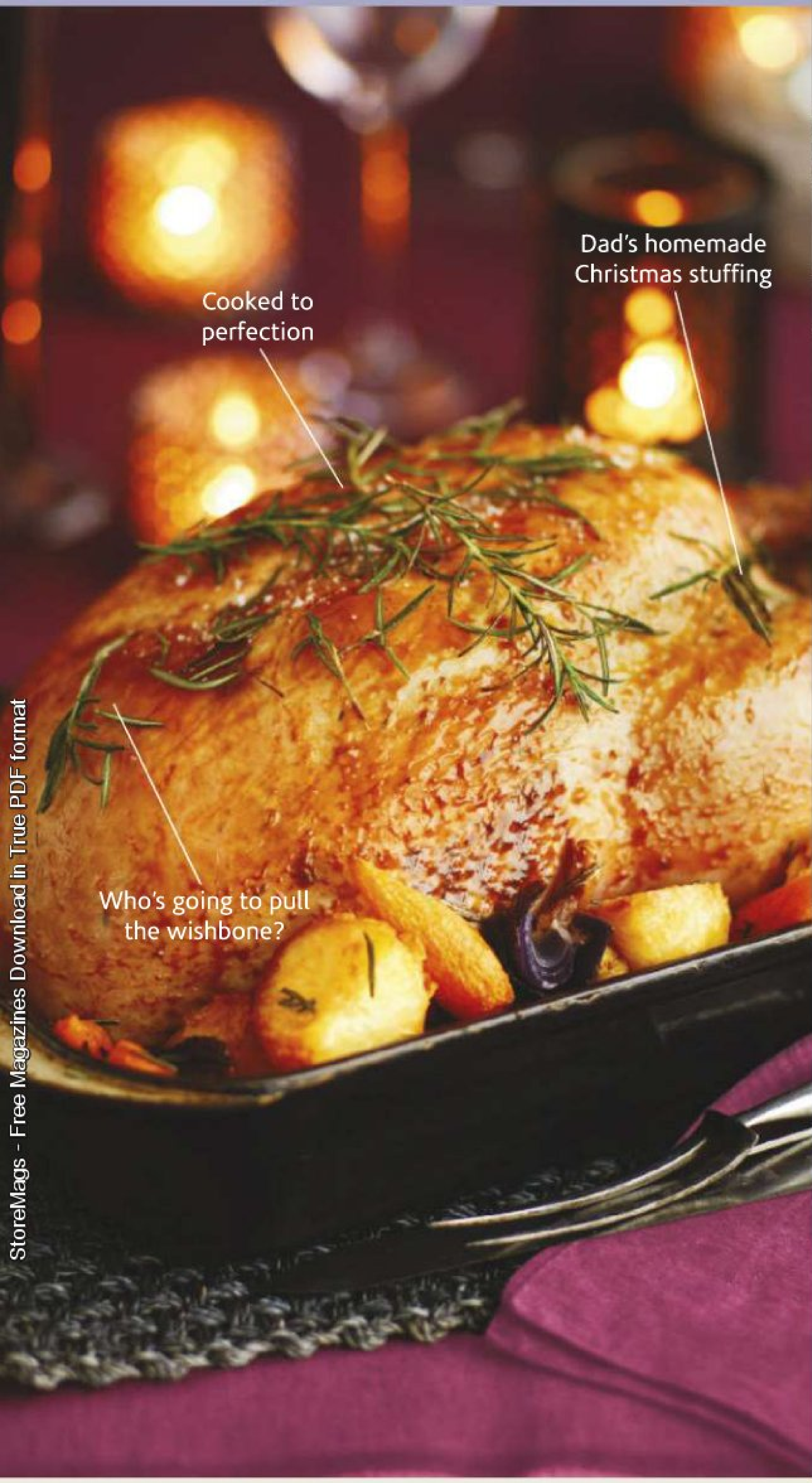
1 Mix together beef, breadcrumbs, spring onions, garlic, eggs, cumin, Tabasco, coriander and some seasoning until combined. Be careful not to over-mix or the meatloaves will be tough.
2 Divide the mixture into 8. Use your hands to shape each one into a small oval, like a mini meatloaf. Arrange 3 cherry tomatoes on top of each, then drizzle over the chilli sauce, if using. Cook or freeze *(see tips, p38)*.
3 To cook, heat oven to 200C/180C fan/gas 6. Place the meatloaves on a lightly greased, shallow baking tray and bake for 25-30 mins until the meat is cooked through.
4 To cook from frozen, heat oven to 180C/160C fan/gas 4. Place the meatloaves on a baking tray and loosely cover with foil. Cook for 30 mins, then remove the foil increase the temperature to 220C/200C fan/gas 7 and cook for a further 25 mins.

PER SERVING 241 kcals, protein 31g, carbs 10g, fat 8g, sat fat 2g, fibre 1g, sugar 1g, salt 0.50g

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ONLY £99.99

This great-value Le Creuset set is available in cassis (above), teal, almond and granite

Big savings on Le Creuset



Almond | Granite | Teal

Save £43 on a five-piece Le Creuset cast iron and stoneware set

Le Creuset has been the world's leading manufacturer of enamelled cast-iron cookware since 1925, consistently providing exceptional quality, superior materials, and innovative design.

This great-value set is the perfect addition to your kitchen. It includes a classic Le Creuset 20cm cast-iron casserole, ideal for creating stews, making pot roasts, as well as preparing soups and rice dishes. You can even use it for baking, too. It is suitable for use on all hobs including induction, and is oven, grill, freezer and dishwasher safe. Extremely tough and resilient, each piece carries the Le Creuset lifetime guarantee.

Included in the stoneware set are two rectangular dishes, measuring 18cm and 26cm in length, plus two 200ml ramekins.

The dishes are very versatile, ideal for marinating, baking, roasting, serving and storing. They are totally food hygienic, stain and scratch resistant, and oven, microwave, grill, freezer and dishwasher safe*. Each piece is guaranteed for five years.

* The stoneware cannot to be used on top of the hob

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In season

- Cooking with cranberries
- John Torode's warm-you-up suppers
- The *Good Food* team's favourite vegetarian dishes
- Fresh ideas for Brussels sprouts

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Festive berries

Tangy, scarlet cranberries make a great accompaniment to turkey, but they're also delicious in a range of other recipes
Photographs PETER CASSIDY

Make our cover recipe

Cranberry & pear pies

MAKES 8 • PREP 40 mins plus chilling • COOK 20 mins

Easy

These cute and festive pies make a good warm dessert, served with vanilla ice cream or a dollop of extra-thick double cream. Cooking the berries and pears in orange curd creates a lovely, tangy sauce.

FOR THE ALMOND PASTRY

350g/12oz plain flour

85g/3oz ground almonds

140g/5oz caster sugar, plus extra to decorate

225g/8oz butter, chopped

1 egg, beaten

FOR THE FILLING

400g/14oz cranberries, fresh or frozen

50g/2oz caster sugar

25g/1oz cornflour

325g jar orange curd (we used Waitrose Jaffa orange curd)

450g/1lb just-ripe pears, peeled, cored and chopped

1 To make the pastry, tip the flour, almonds and sugar into a food processor then pulse in the butter until the mixture resembles breadcrumbs. Pulse in up to 5 tbsp cold water until mixture comes together as a dough. Wrap in cling film and chill for 1 hr.

2 To make the filling, tip the cranberries into a pan with the sugar and cornflour and stir well. Stir in the orange curd, then cook for a few mins until thickened. Add the pears and cook a few mins more, stirring frequently. Cool.

3 Heat oven to 190C/170C fan/gas 5 with a large baking sheet inside. Roll out the pastry and use to line 8 x 10cm individual Yorkshire pudding tins (or 10cm individual tart tins). Spoon in the cooled filling. Roll out the rest of the dough and stamp out 4 x 9cm rounds to make lids. Cut out the centres with a medium star cutter.

4 Carefully cover half the pies with the pastry lids and place the stars on a baking tray. Crimp the edges of each pie (if using straight edged tins) with your finger and thumb, brush the pies and stars with the egg then dredge with sugar. Bake the stars for 8-10 mins and the pies for 15-20 mins until golden. Dredge with more sugar once out of the oven. Place a star on the open pies and serve with cream or ice cream.

PER SERVING 709 kcals, protein 9g, carbs 97g, fat 35g, sat fat 18g, fibre 5g, sugar 59g, salt 0.45g

TIP Buy cranberries fresh or frozen – they freeze and defrost really well. You can switch them with other berries in recipes – remember to increase or add sugar though – they are tarter than most.

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Cranberry & cream cheese muffins

MAKES 12 • PREP 10 mins plus cooling • COOK 30 mins

Easy

100g/4oz soft cheese
250g/9oz caster sugar
175g/6oz cranberries
200g/7oz plain flour
2 tsp baking powder
2 eggs
75ml/2½fl oz flavourless oil, such as sunflower
1 tsp vanilla extract

1 Heat oven to 190C/170C fan/gas 5. Line a 12-hole muffin tin with muffin cases. Beat the soft cheese with 25g of the sugar and chill until needed. Heat the cranberries together with another 25g of sugar until they start to pop. Mash lightly and cool.

2 Sift the flour into a large bowl and add the remaining sugar, baking powder and a pinch of salt. Add the eggs, oil, vanilla and cranberry mixture, and stir together. Don't worry if the mix looks a bit lumpy. Divide it between the cases, they should look about two-thirds full. Make a small dip in the centre of each and put a blob of soft cheese in. Bake for 25 mins or until risen and golden. Cool on a wire rack.

PER SERVING 230 kcals, protein 3g, carbs 36g, fat 9g, sat fat 2g, fibre 1g, sugar 23g, salt 0.33g



Delicious with a cuppa

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Pistachio & cranberry pork pie

SERVES 8 • PREP 25 mins • COOK 1 hr 25 mins

Moderately easy

300g/11oz cranberries
3 tbsp caster sugar
juice ½ orange
1 tbsp olive oil
1 onion, finely chopped
4 rashers smoked streaky bacon, chopped
2 garlic cloves, crushed
few thyme sprigs, leaves only
6 sage leaves, chopped
500g/1lb 2oz pork mince
75g/2½oz pistachios
little freshly grated nutmeg
FOR THE PASTRY
450g/1lb plain flour
100g/4oz lard
4 tbsp milk
1 egg, beaten

1 Put the cranberries in a pan with the sugar and orange juice. Bring to a simmer, then cook until the berries start to burst and the sauce thickens. Set aside to cool.
2 Heat the oil in a small pan and fry the onion until soft. Add the bacon and garlic, and cook until the bacon starts to brown, then stir through the thyme, sage and some seasoning. Allow it to cool slightly, then mix with the pork and pistachios. Season with salt, pepper and freshly grated nutmeg. Set aside.
3 Heat oven to 200C/180C fan/gas 6. Tip the flour into a bowl with 2 tsp salt. Put lard and milk into a pan with 150ml water, then heat until the lard has completely melted. Pour into the flour and beat with a wooden spoon until a ball of dough is formed. Knead briefly on a lightly floured surface until smooth.
4 Take two-thirds of the pastry and roll out between two sheets of baking parchment into a circle large enough to line the base and sides of a 20cm cake tin (about 4-6cm high with a slight overhang. Press the pastry into the tin making sure to push it into the corners. Pile half the filling into the pastry and flatten into an even layer. Spread over two-thirds of the cranberry sauce, then finish with remaining pork and roughly smooth the top. Keep the rest of the cranberry sauce in the fridge to serve with the pie.
5 Roll out remaining pastry between baking parchment and cut to a 20cm round. Place onto the pie and glaze the edge with some beaten egg. Fold up the overhanging pastry and press down to seal. Make a steam hole with the tip of a knife, then glaze the pie with more beaten egg. Cook for 30 mins, then reduce the heat to 180C/160C fan/gas 4. Continue cooking for 40 mins until the pastry is golden and a skewer inserted into the centre of the pie and left for 10 secs feels very hot. Cool on a wire rack. Serve with the reserved cranberry sauce. *Will keep in the fridge for up to 3 days.*

PER SERVING 552 kcals, protein 22g, carbs 55g, fat 29g, sat fat 10g, fibre 3g, sugar 11g, salt 0.44g

THREE MORE WAYS TO COOK CRANBERRIES

Make chutney for turkey or ham

In a pan, put **200g chopped onions, 200g peeled and chopped eating apples** and **400g peeled and chopped cooking apples** with **25g finely chopped ginger, 200g sugar** and **125ml red wine vinegar**.

Simmer for 50 mins until thick and tender, then stir in **200g cranberries** and simmer for 10 mins more. Cool.

Add to a meaty stew

Fry a **good handful cranberries** with **1 tbsp soft brown sugar** and a little butter for a few mins until softened. Stir into a **beef, venison or game stew**.

Use to top ice cream

Simmer **200g cranberries** with **140g sugar, 1 tsp cinnamon** and **zest and juice 1 orange**. Spoon over vanilla or chocolate ice cream.

HEALTHY BENEFITS

Rich in immune-boosting antioxidants – just like their relative, the blueberry. Ideally select the deeper-coloured fresh berries because they supply more of these protective compounds, which guard against colds and flu and also help to combat heart disease and cancer.

GoodFood READER OFFER



This Mermaid tray is perfect for individual Yorkshire puddings or pies like the ones above. It measures: 24.5cm square x 1.5 cm deep and costs £16.50 (p&p is free).
TO ORDER Call 01483 204455 and quote GF081, or visit *jem-bbcgoodfood.co.uk*

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Make ahead for a buffet

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John's winter warmers



Satisfying and comforting, John Torode's simple dishes are just the job when it's cold outside

Photographs MYLES NEW

Split pea & green pea smoked ham soup

SERVES 8 • PREP 30 mins plus overnight soaking • COOK up to 3 hrs Easy

This is one of my favourite soups of all time – the ultimate meal in a bowl.

1kg/2lb 4oz gammon or ham hock
200g/7oz split peas, soaked overnight
2 onions, roughly chopped
2 carrots, roughly chopped
2 bay leaves
1 stick celery, roughly chopped
300g/11oz frozen peas
crusty bread and butter, to serve

1 Put the gammon in a very large pan with 2 litres water and bring to the boil. Remove from the heat and drain off the water – this helps to get rid of some of the saltiness. Recover with 2 litres cold water and bring to the boil again. Put everything but the frozen peas into the pan and bring to the boil. Reduce to a simmer and cook for 1½-2½ hrs, topping up the water as and when you need to, to a similar level it started at. As the ham cooks and softens, you can halve it if you want, so it is all submerged under the liquid. When the ham is tender enough to pull into shreds, it is ready.

2 Lift out the ham, peel off and discard the skin. While it is still hot (wear a clean pair of rubber gloves), shred the meat. Remove bay from the soup and stir in the frozen peas. Simmer for 1 min, then blend until smooth. Add a splash of water if too thick, and return to the pan to heat through if it has cooled, or if you are making ahead.

3 When you are ready to serve, mix the hot soup with most of the ham – gently reheat if made ahead. Serve in bowls with the remaining ham scattered on top, and eat with crusty bread and butter.

PER SERVING 292 kcals, protein 26g, carbs 23g, fat 11g, sat fat 4g, fibre 5g, sugar 5g, salt 3.56g



Make a big batch so you can freeze some

Food styling JENNIFER JOYCE | Styling JENNY IGGLEDEN

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Classic kedgeree

SERVES 6 • PREP 15 mins •
COOK 30 mins Easy Good for you

This is all about the wonderful flavour of turmeric and coriander and the smoky haddock with soft-boiled eggs. Season it well and don't be scared of the spice.

3 tbsp vegetable oil
1 large onion, finely chopped
1 tsp ground coriander
1 tsp tumeric
2 tsp curry powder
200g/7oz long-grain rice, rinsed under cold water
6 eggs
400ml/14fl oz milk
300g/11oz un-dyed smoked haddock
2 bay leaves
small handful coriander and parsley, chopped

1 Heat the oil and cook the onion in a pan with a well-fitting lid until soft but not coloured. Add the spices and some salt and continue to cook until golden and fragrant, about 4 mins. Sprinkle over the rice and stir it well so that all the grains are coated. Stir in 400ml water, increase the heat, cover the pan, then bring to the boil. Once boiling, turn to a simmer and cook for 10 mins. Turn the heat off and leave to steam, covered, for 20 mins. The rice should be perfectly cooked if you don't lift the lid before the end of the time.
2 Place eggs in a pan and cover with cold water, put on a high heat and bring to the boil. Simmer for 3 mins for soft, or 5-6 mins for hard-boiled. Plunge into cold water until cool enough to peel, then quarter.
3 Meanwhile, pour the milk over the haddock in a shallow pan and bring to a gentle simmer. Poach for 5-8 mins until just cooked through and flesh flakes easily. Remove from the milk, peel off and discard the skin and flake the fish.
4 Gently stir fish, herbs and seasoning into the rice, top with the eggs and serve.

PER SERVING 324 kcals, protein 20g, carbs 33g, fat 13g, sat fat 3g, fibre 1g, sugar 2g, salt 1.21g



Relaxed supper or a special brunch for the holidays

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Guaranteed to please a crowd

Beef stew with horseradish dumplings

SERVES 8 • PREP 10 mins • COOK 3 hrs 15 mins Easy ❄

This is easy, delicious and dead simple. Just put it all together, then into the oven it goes. Use a cut like shin or neck with real flavour, and let it cook slow and long.

2kg/4lb 8oz beef shin, neck or stewing steak, chopped into large chunks
100g/4oz plain flour
25g/1oz dripping, lard or oil
500g/1lb 2oz shallots
1 litre/1¾ pints beef stock
FOR THE DUMPLINGS
140g/5oz suet
50g/2oz fresh grated horseradish
350g/12oz self-raising flour

1 Heat oven to 140C/120C fan/gas 1. Trim any excess fat off the beef, and place in a large plastic bag with the flour and some seasoning. Close the bag and shake it really well to coat all the meat with the seasoned flour. Melt the dripping in a very large ovenproof casserole and throw in the beef and shallots. Give everything a good stir and cook for 10 mins, until starting to brown. Pour over the stock and stir – scraping bottom of the pan to extract all the flavour. Cover with a lid, transfer to the oven and cook for 2½ hrs, until the meat is tender and falling apart.

2 Just before the beef cooking time is up, make the dumplings. Mix all the ingredients with 175ml cold water to form a heavy dough. Roll the dough into balls about the size of golf balls. Pop the dumplings into the casserole dish, leave off the lid and return to the oven. Increase heat to 200C/180C fan/gas 6 and cook for 15-25 mins until the dumplings are puffed up, golden and cooked through.

PER SERVING 752 kcals, protein 64g, carbs 48g, fat 35g, sat fat 15g, fibre 3g, sugar 3g, salt 1.16g



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Lamb with thyme-roasted potatoes

SERVES 6 • PREP 30 mins plus resting • COOK 2 hrs Easy

1 leg of lamb
10 garlic cloves, halved
3 tbsp vegetable oil
small bunch thyme
100ml/3½fl oz lamb, chicken or vegetable stock
50g/2oz butter
10 medium potatoes, cut into 1cm slices

1 Heat oven to 190C/170C fan/gas 5. Pierce the lamb all over with a sharp knife and push garlic halves into the holes. Rub the oil all over the lamb and season well. Scatter half the thyme on top, than place the lamb on a wire rack over a roasting tray. Roast for 30 mins.
2 Meanwhile, in a small pan, bring the stock and butter just to the boil. Carefully lift out the lamb and wire rack. Tip the potatoes into the tray and pour over the buttery stock. Season and sprinkle on the remaining thyme. Mix everything well, shaking the tray until the potatoes are in an even layer. Place the rack and lamb back on top and cook for 1 hr.
3 After 1 hr, increase oven temp to 220C/200C fan/gas 8 and remove the lamb. Cover loosely and transfer to a warm place to rest for 30 mins before carving. Continue cooking the potatoes while the lamb rests until they are golden and starting to crisp. Return the lamb to the top of the potatoes, pour over any resting juices and carve over the potatoes so all the juices fall onto them.
PER SERVING 654 kcals, protein 53g, carbs 30g, fat 37g, sat fat 17g, fibre 3g, sugar 1g, salt 0.45g

• Look out for the new series of *MasterChef* on the BBC in the New Year

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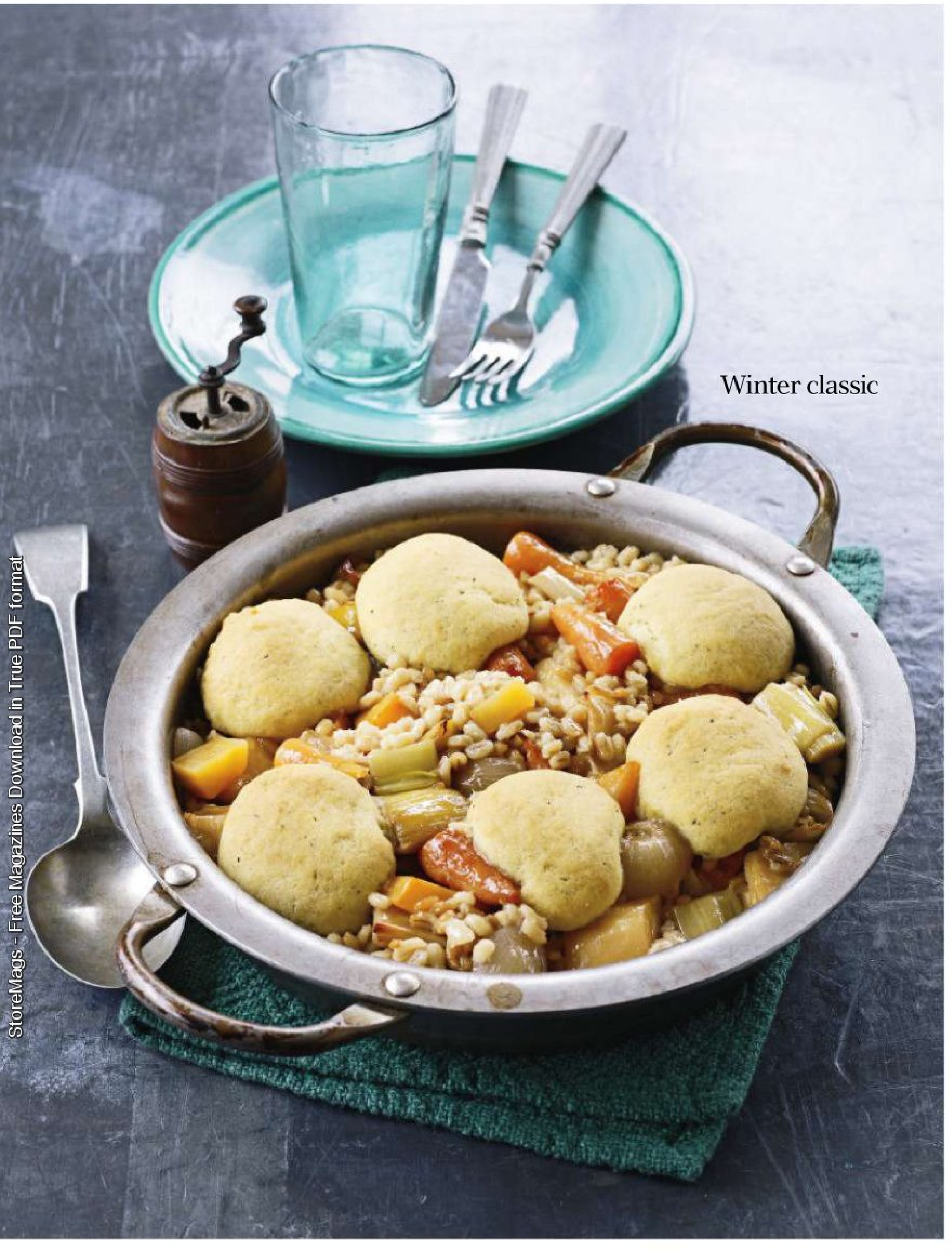
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The modern vegetarian

The *Good Food* team share seasonal recipes they love to cook at home Photographs PETER CASSIDY



Winter classic

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Vegetable stew with herby dumplings

SERVES 6 • PREP 40 mins • COOK 1 hr 30 mins Easy V

The pearl barley makes this stew really hearty. If you make ahead, it will absorb all the sauce, so you'll need to splash in some more stock.

ROSIE REYNOLDS Cookery assistant

1 tbsp olive oil
350g/12oz shallots
2 leeks, thickly sliced
½ swede, chopped into chunks
2 parsnips, quartered
350g/12oz Chantenay carrots
175g/6oz pearl barley
225ml/8fl oz white wine
1 litre/1¾ pints vegetable stock
1 bay leaf
3 sprigs thyme
small bunch parsley, finely chopped

FOR THE DUMPLINGS
100g/4oz self-raising flour
50g/2oz unsalted butter
50g/2oz mature cheddar cheese, grated
2 tsp finely chopped fresh rosemary
1 tsp fresh thyme leaves

1 Heat oil in a large casserole dish. Add shallots and cook for 5-6 mins until starting to soften and brown. Add leeks for 2 mins, then stir in swede, parsnips and carrots.
2 Pour in barley and wine, cook until wine has reduced by half. Add stock, bay, thyme, parsley and seasoning. Cover pan, bring to the boil, then simmer for 45 mins until barley and veg are tender. Stir occasionally to stop it catching.
3 Meanwhile, make the dumplings. Heat oven to 200C/180C fan/gas 6. Rub flour and butter together to form breadcrumbs. Add remaining ingredients and mix well. Sprinkle over 2 tbsp water, mix to form a soft dough. Divide into six and roll into balls. Dot on top of stew and transfer to oven. Cook, uncovered, for 20-25 mins until dumplings are golden.

PER SERVING 391 kcals, protein 10g, carbs 57g, fat 14g, sat fat 7g, fibre 8g, sugar 16g, salt 0.83g

Food styling JAYNE CROSS | Styling JENNY IGGLEDEN | Healthy benefits KERRY TORRENS

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Indian potato pie

SERVES 6 • PREP 30 mins • COOK 1 hr 5 mins Easy V ❄

Superhealthy High in fibre, good source of vit C, low fat

This is my version of a fail-safe entertaining dish I've been making for years. It looks impressive, the flavour is fantastic, and it tastes great slightly warm or cold, so you can make it well ahead.

GILLIAN CARTER Editor

700g/1lb 9oz potatoes, sliced
400g/14oz sweet potatoes, sliced
1 onion, chopped
1 tbsp olive oil
1 tsp cumin seeds
2 garlic cloves, crushed
1 red chilli, finely chopped
1 thumb-size piece ginger, grated
1 tsp each ground cumin, coriander & garam masala
pinch dried chilli flakes
200g/7oz frozen peas
juice 1 lemon, plus extra wedges to serve
small bunch coriander, chopped
25g/1oz butter, melted
275g pack filo pastry
½ tsp poppy seeds

1 Put the potatoes in a large saucepan of cold, salted water, then bring to the boil. Turn down and simmer for 5 mins, add the sweet potatoes and continue to cook for 8 mins until just tender. Drain really well, then tip into a mixing bowl.

2 Fry the onion in the oil until soft, add the cumin seeds for 1 min, then stir in the garlic, chilli and ginger with the remaining spices. Cook for a further 2-3 mins, then turn off the heat and stir into the potatoes with the peas, lemon juice and coriander.

3 Heat oven to 190C/170C fan/gas 5. Halve the filo sheets, and use two-thirds of them, overlapping, to line a 22cm loose-bottomed cake tin with a little overhang. As you lay in each sheet, brush with melted butter and keep the rest covered with a clean tea towel. Spoon in filling and press down lightly. Cover with remaining filo, then fold up overhanging sides and scrunch up pastry near the edges.

4 Poke several slits in the top of the pastry and brush with more butter. Sprinkle with the poppy seeds. Bake for 40-45 mins until golden brown. Serve either hot or at room temperature with lemon wedges.

PER SERVING 350 kcals, protein 8g, carbs 64g, fat 8g, sat fat 3g, fibre 6g, sugar 7g, salt 0.46g



Try serving with raita, an Indian salad and chapatis

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Roasted chestnut & herb pesto pasta with mushrooms

SERVES 6 • PREP 10 mins • COOK 15 mins

Easy V Good for you

This seasonal pesto is a good way of using up any herbs that are knocking around the kitchen; replacing olive with rapeseed oil helps bring the chestnut flavour through.
STUART OVENDEN Deputy art editor

100g/4oz cooked chestnuts
handful each basil, parsley and mint, leaves only
50g/2oz Parmesan, grated, plus extra to serve (optional)
2 garlic cloves
150ml/¼pt rapeseed oil
500g/1lb 2oz dried pasta
1 tbsp olive oil
250g pack chestnut mushrooms, quartered

1 Put the chestnuts in a food processor and pulse until roughly chopped. Throw in the herbs, Parmesan and garlic, then pulse again until chopped (not too finely). Pour in the rapeseed oil, mix together and season to taste.

2 Cook the pasta in plenty of boiling salted water, according to pack instructions. Meanwhile, heat the olive oil in a large frying pan and fry the mushrooms with some seasoning for 6-8 mins until tender and starting to brown. When the pasta is cooked, drain it, return to the pan, then stir through the pesto and the mushrooms. Serve with some extra Parmesan on top, if you like.

PER SERVING 582 kcals, protein 14g, carbs 70g, fat 29g, sat fat 4g, fibre 4g, sugar 3g, salt 0.20g

ROAST YOUR OWN FRESH CHESTNUTS

Cut a small cross in each whole chestnut and roast at 200C/180C fan/gas 6 for 30 mins. Remove and allow to cool slightly before crushing with the flat side of a knife

HEALTHY BENEFITS

Unlike other nuts, chestnuts are low in fat and protein, and a good source of vitamin C. Because they are rich in magnesium, potassium and dietary fibre they make a heart-friendly choice.



New way with chestnuts

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Festive squash jalousie

SERVES 6 • PREP 30 mins • COOK 1 hr 30 mins

Easy V ❄

I made this as the centrepiece of a family get-together last Christmas. It was popular with everyone, veggie and non-veggie, as it looks really special and the flavours go well with all the traditional trimmings.

EMILY BOYCE Sub-editor *bbcgoodfood.com*

1 large butternut squash, chopped into chunks
4 garlic cloves, unpeeled and bashed
sprig rosemary, leaves stripped and chopped
few sprigs thyme, leaves stripped
3 tbsp olive oil
1 onion, chopped
1 large field mushroom, chopped
125g pack cooked chestnuts, broken into large pieces
2 tbsp chopped parsley
1 tbsp chopped sage
250g tub mascarpone cheese
1 tbsp grated Parmesan, Pecorino or vegetarian alternative
pinch freshly grated nutmeg
500g pack puff pastry
1 egg, beaten

1 Heat oven to 200C/180C fan/gas 6. Toss the squash in a roasting tin with the garlic, rosemary and thyme leaves. Drizzle with 2 tbsp oil and season well. Roast for 40 mins or until soft and starting to brown. Remove and squeeze the garlic out of its skin, mash and gently mix with the squash, than set aside to cool.

2 Heat remaining oil in a small pan and fry the onion until soft and lightly golden. Add the mushroom and fry for 3-4 mins more. Remove from heat and set aside. In a large bowl, mix the chestnuts, herbs, cheese, and nutmeg. Stir in mushrooms and squash mixture, taking care not to break up the squash too much. Season well.

3 Roll a third of the pastry into a rectangle measuring 12 x 30cm. Place on a baking tray and pierce all over with a fork, brush with beaten egg and bake for 10 mins until lightly golden and slightly risen.

4 Roll out the remaining two-thirds to a rectangle slightly larger than the base then, using a sharp knife, slash diagonally. Pile the filling onto the partly-cooked base leaving a 1cm border. Brush the border with a little beaten egg and carefully lay the uncooked pastry on top, pressing down the edges to seal. Glaze top with a little more egg and bake for 30-35 mins until the pastry is golden, risen and cooked through.

PER SERVING 694 kcals, protein 10g, carbs 50g, fat 52g, sat fat 25g, fibre 5g, sugar 12g, salt 1.04g



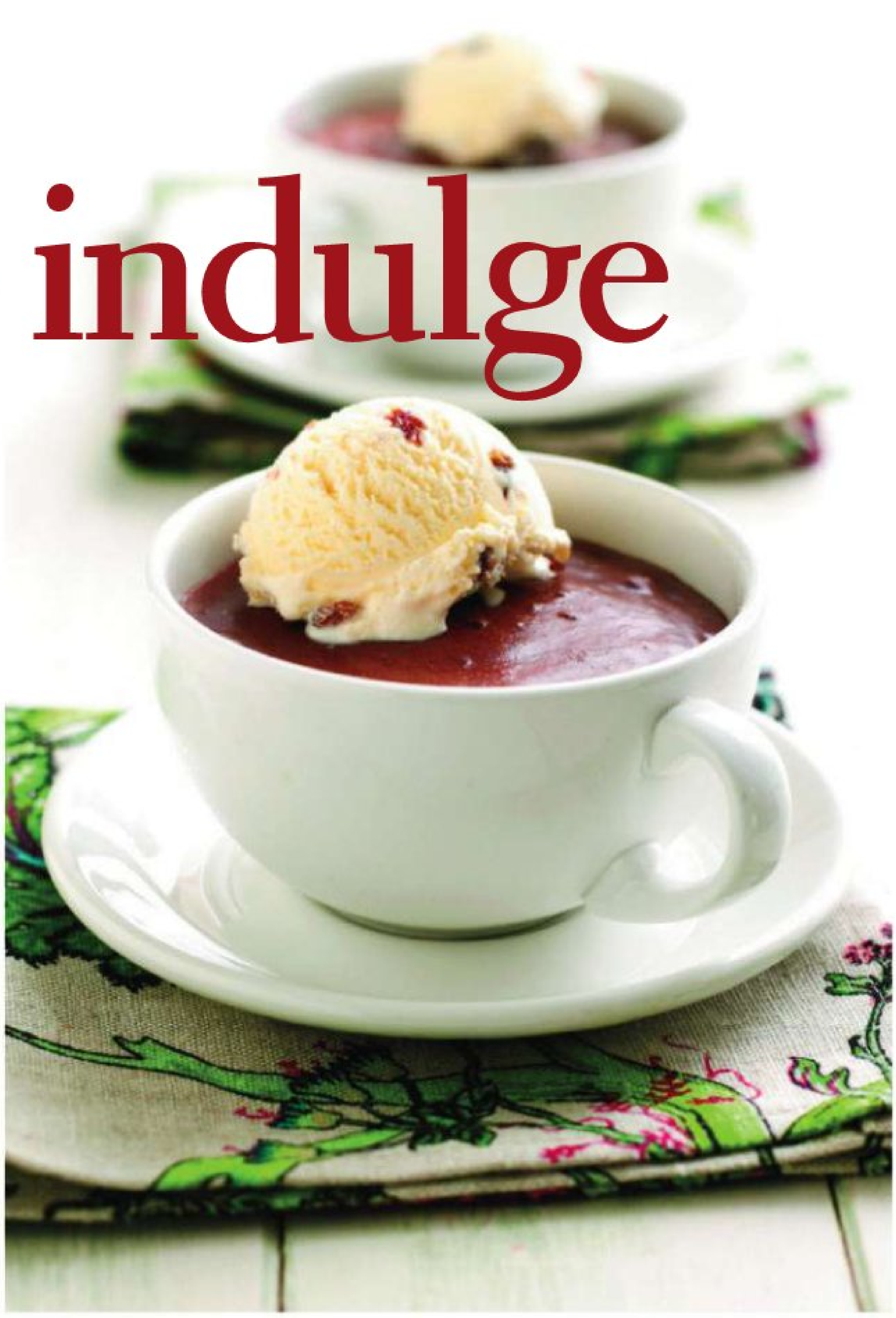
Perfect for Christmas Day

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Time to indulge



Rich, creamy and utterly irresistible, Carte D'Or ice cream makes the end of every meal special. This month, try new, exotic-tasting Carte D'Or Rum & Raisin ice cream

An indulgently rich chocolate mousse is always a winner at the end of a special meal. And this recipe, flavoured with juicy raspberries and chopped pistachio nuts, tastes even better with a generous scoop of new Carte D'Or Rum & Raisin ice cream. With Carte D'Or, it's effortlessly simple to turn all your meals into an occasion.

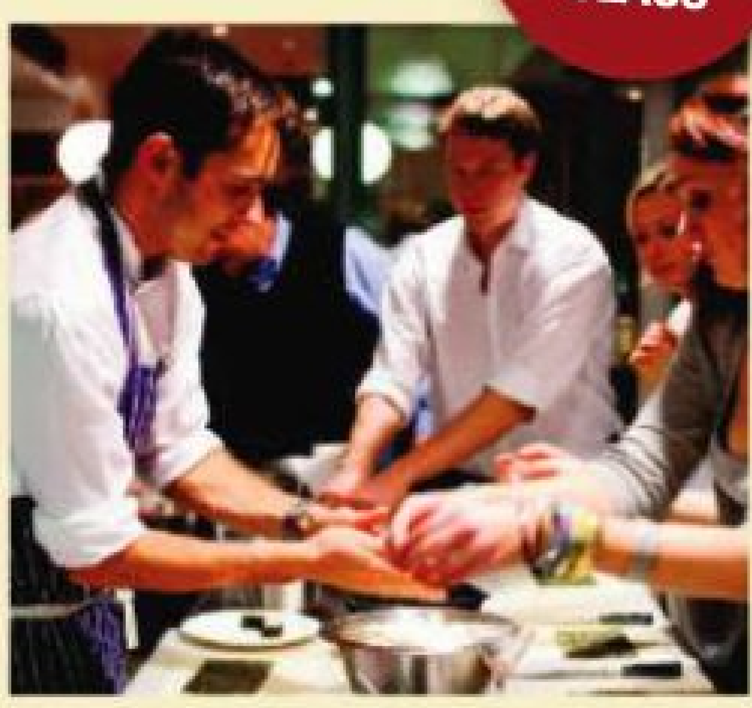
Carte D'Or's irresistible range of ice creams are inspired by classic recipes with a twist, for an extra taste dimension. While it may be cold and gloomy outside, you can transport yourself to warmer climes with a bowl of Carte D'Or Rum & Raisin ice cream, a perfect accompaniment to chocolate mousse, see the recipe, right. You'll love the taste of the intense, creamy rum ice cream, enriched with delicious rum-soaked raisins.

Experience the whole range of Carte D'Or luxury ice cream, with its variety of vibrant flavours to choose from, each one making an ideal treat, or a dessert even more special. Flavours include Strawberry & Yogurt Delice, Coconut, Crema di Mascarpone, Chocolate Inspiration, Vanilla and more.

You'll also find more delicious Carte D'Or recipes at *bbcgoodfood.com/cartedor* or *cartedor.co.uk*. Treat your tastebuds and let Carte D'Or make your desserts special all year round. Give More, Give Carte D'Or.

ENTER TO WIN A GOURMET COOKERY CLASS!

WIN A COOKERY CLASS



Do you have a recipe that you think would complement Carte D'Or Rum & Raisin ice cream? Then send it in and you could be lucky enough to win a L'atelier des Chefs gourmet gift card for two, which will allow you to choose any four-hour cookery class (including the popular dessert class) at L'atelier des Chefs in London.

For details of available classes visit *atelierdeschefs.co.uk*. For further recipe inspiration, visit ***bbcgoodfood.com/cartedor*** and ***cartedor.co.uk***.

When you're ready, send in your original recipe that works perfectly with Carte D'Or Rum & Raisin ice cream and the *Good Food* team will judge it, picking the best two to win. For details on how to enter online, by email or post, visit ***bbcgoodfood.com/cartedor***. Closing date for entries is 5 January 2011.

Terms and conditions Promoter: Unilever, Unilever Hse, Springfield Drive, Leatherhead, KT22 7GR. Please note winning entries will be published on *bbcgoodfood.com/cartedor*. For full T&Cs, see *bbcgoodfood.com/cartedor*.

Raspberry & chocolate mousse with Carte D'Or Rum & Raisin ice cream

SERVES 6 • PREP 15 mins plus 3 hrs resting • NO COOK Easy

200g/7oz good-quality dark chocolate, chopped
4 medium eggs
zest and juice ½ orange
3 tbsp pistachio nuts, chopped
200g/7oz raspberries
6 large scoops Carte D'Or Rum & Raisin ice cream

1 Melt the chocolate in a heat-proof bowl over a pan of simmering water, ensuring the base of the bowl doesn't touch the water. Set aside to cool.
2 In the meantime, separate the egg yolks from the whites and place in two dry, clean bowls. Whisk the egg whites until stiff. Whisk the egg yolks together with the orange zest and juice in a large bowl for 2 mins.
3 With a metal spoon, gently fold the melted chocolate into the egg yolk mixture, a little at a time. Then fold in the egg whites with the nuts, mixing all the ingredients together.
4 Divide the raspberries between 6 cappuccino cups. Pour the chocolate mixture over the raspberries and cover with cling film. Chill in the fridge for 3 hrs until set. Just before serving, remove the cling film and place a scoop of Carte D'Or Rum & Raisin ice cream on top.

A TASTE OF THE EXOTIC

For a rich and refined dessert, treat your guests to the utterly irresistible Carte D'Or Rum & Raisin ice cream



CARTE D'OR

For more information and recipe inspiration, visit *cartedor.co.uk*

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January Seasonal & local



Clare Hargreaves goes shopping for more unusual vegetables and savours award-winning meat

Produced with passion
Yew Tree Farm Belted Galloway beef



Yew Tree Farm in the Lake District is probably best known as the former home of Beatrix Potter. But now the National Trust-owned farm, run since 2002 by Jon and Caroline Watson (right), is becoming increasingly famous for its flavoursome meats, including its Belted Galloway beef – which has just won a National Trust Fine Farm Produce Award.

One of the judges, chef Tom Kerridge, a finalist in BBC Two's *Great British Menu*, was particularly keen on the sirloin steak: 'It has great flavour, caramelised on the outside and still lovely, pink and juicy in the middle.'

Yew Tree Farm meat is available by mail order, *heritagemeats.co.uk*. Read more about the Fine Farm Produce Awards at *nationaltrust.org.uk/food*

A place I know
Northcote

Langho, Blackburn, Lancashire 01254 240555, *northcote.com*

BBC Two viewers will know Northcote's chefs from the *Great British Menu*. Nigel Haworth (below), also the proprietor, cooked the main course for the 2009 banquet, while Lisa Allen, the head chef, triumphed in last year's challenge, and made the starter.

Unsurprisingly, eating at Northcote is a gastronomic delight. The food is imaginative, unfussy and based on top-quality local ingredients. Starters include Morecambe Bay shrimps and Bowland beef tartare, while mains could be Rose veal with smoked foie gras & Jerusalem artichokes, or Loin of Lonk lamb. I ate the six-course menu, at a reasonable £55. The three-course set lunch is £25.



From 24 Jan to 2 Feb, Northcote will celebrate its annual 10-day Obsession Festival of food and wine. Guest chefs include James Martin, Sat Bains and Simon Rogan. Book early for dinner cooked by a chef of your choice: details on *northcote.com*.

Photographs STOCKFOOD, MING TANG-EVANS



Try scorzonera & salsify

At their best

- Broccoli
- Brussels sprouts
- Cabbages
- Carrots
- Cauliflowers
- Celeriac
- Celery
- Chard
- Chicory
- Goose
- Hare
- Jerusalem artichokes
- Kale
- Kohlrabi
- Leeks
- Mussels
- Onions
- Oysters
- Parsnips
- Partridge
- Rabbit
- Razor clams
- Turbot
- Turnips and swedes
- Venison

Fresh this month

Salsify and scorzonera (above), are hugely popular in Italy and France, but not widely used in the UK. You're unlikely to find these delicious vegetables in the supermarket but it's well worth seeking them out at farmers' markets and specialist greengrocers – or even grow your own.

Happily, more and more chefs are putting them on their menus. Both salsify and scorzonera are long, skinny taproots that grow up to 1-2ft long. They taste similar – both are nutty, sweet, with a hint of oyster – but salsify is paler skinned than its narrower cousin, the scorzonera.

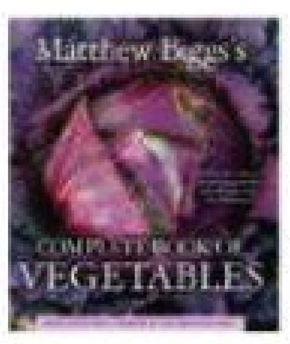
When you buy them, though, they are likely to be clad in earth: that's a good thing, as it protects the delicate flesh within.

I first tasted these lovely roots in a Yorkshire gastropub where they'd been prepared in a creamy gratin, scattered with toasted cobnuts and wood sorrel. Two mouthfuls of that and you'll be an instant convert – like I was. In France, they are often cooked with tarragon and cream – superb with roast chicken. Both roots are also great roasted with thyme alongside red meat, in winter salads, or in fritters.

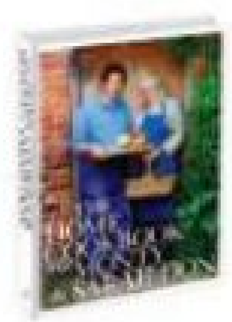
If you are buying salsify or scorzonera, make sure that they are firm. Store them in a cool, dark, airy place (or the vegetable drawer of the fridge) for up to ten days.

To prepare, rinse thoroughly, peel, then boil or steam, being sure not to overcook them to a soggy mush.

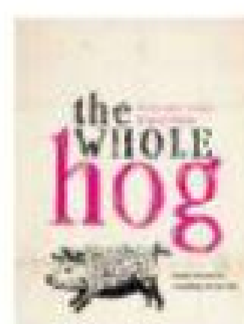
Good reads



Complete Book of Vegetables by Matthew Biggs (£16.99, Kyle Cathie). In this newly revised and illustrated edition, gardener and author Biggs provides a guide to over 90 vegetables, including tips on how to cultivate, harvest and cook them. It includes recipes by Jean-Christophe Novelli.



The Home Cookbook by Monty and Sarah Don (£25, Bloomsbury). With more than 300 recipes, arranged by meal times from breakfast through to supper, this book celebrates domestic cooking as it has evolved over the centuries. Full of good, honest food.



The Whole Hog by Carol Wilson with Christopher Trotter (£25, Pavilion). A gourmet celebration of the pig and all its parts, this attractively illustrated book includes fascinating historical and culinary lore, plus more than 100 recipes. A must-buy for sausage addicts.

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Gregg's perfect pud



BBC *MasterChef* judge, **Gregg Wallace**, makes the most of leftover bread with a sweet comfort food classic

Photograph PETER CASSIDY

Bread & butter pudding

SERVES 4 • PREP 15 mins plus soaking • COOK 1 hr 10 mins

Easy

Both my grandmothers made this dish – in fact it's probably difficult to find a British grandmother who hasn't.

- **50g/2oz soft butter, plus extra for greasing**
- **12 slices slightly stale white bread, crusts removed**
- **4 tbsp sultanas**
- **1 tsp ground cinnamon**
- **400ml/14fl oz whole milk**
- **100ml/3½fl oz double cream**
- **4 tbsp caster sugar**
- **2 beaten eggs**
- **½ tsp freshly grated nutmeg**
- **double cream or ice cream, to serve**

1 Grease a large ovenproof dish. Butter the bread and cut each slice into 4 small triangles. Place a layer on the bottom of the dish, then sprinkle over some of the sultanas and cinnamon. Repeat the layers this way until you run out of bread.
2 Put the milk and cream and 3 tbsp of the sugar in a saucepan. Gently heat, stirring all the time, until the sugar has dissolved but don't boil the milk. Whisk in the beaten eggs then, using a sieve, strain the mixture over the bread. Leave to soak for 30 mins.
3 To cook, heat oven to 160C/140C fan/gas 4 and sprinkle the pudding with nutmeg and remaining sugar. Bake for 45 mins, then turn up the heat to 180C/160C fan/gas 5 and cook for another 15 mins until the top is crispy and browned. Serve with double cream or ice cream.

PER SERVING 713 kcals, protein 16g, carbs 99g, fat 31g, sat fat 18g, fibre 2g, sugar 35g, salt 1.60g

Food styling JENNY WHITE | Styling JO HARRIS

For more classic puddings, including a schooldays-style treacle sponge visit bbcgoodfood.com

'An absolute winner and really easy to make. With its combination of crispy on top and soft, set custard-dipped bread underneath, I don't know anybody who doesn't like this'

USE UP LEFTOVERS White bread



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The healthy ingredient BRUSSELS SPROUTS



This festive brassica makes a healthy addition to your seasonal vegetable rack, says our nutrition expert **Natalie Savona**



Brussels sprouts are related to their larger cabbage cousins, as well as other brassica vegetables, such as broccoli and kale. They are a striking sight when picked in their entirety: bright green buds spiral up a long stalk, and you can often buy them this way from farmers' markets. They earned their name because for hundreds of years they were grown around what is now the Belgian capital.

Why are they good for me?

Love them or hate them – and they certainly divide opinion – sprouts have outstanding nutritional value. One of the key benefits of sprouts and other brassicas is that they are rich sources of sulphur-containing chemicals called glucosinolates, which play an important role in the detoxification pathways in the liver.

Some of these, such as sinigrin, sulforaphane and indole-3-carbinol (I3C), have been found to contain powerful anti-cancer properties. Scientists have discovered that they can help to protect against hormone-related cancers, such as breast and prostate. Sulforaphane may also guard against colon cancer, and I3C is involved in processing oestrogen, thereby helping to balance menstrual cycles. In addition, I3C is considered heart-friendly: it supports cardiovascular health as it has a beneficial effect on how cholesterol is processed in the body.

Even after cooking, which reduces some nutrient levels, sprouts contain about 20% more vitamin C than fresh oranges. So they are good for healthy skin and much more. Like all brassicas, sprouts are high in fibre, which helps to keep the gut working smoothly and feeds beneficial bacteria in the bowel.

Sprouts are an excellent source of folate and iron as well as beta carotene and its relatives, lutein and zeaxanthin. These carotenes are helpful for immunity and particularly effective in protecting the eyes against age-related macular degeneration, as well as sunlight damage.

When should I eat them?

Brussels sprouts taste best in the deep winter; after the first frosts they are at their sweetest. This is why they are traditionally served with Christmas lunch – often the only time that many people see them on a plate.

How should I prepare them?

As well as the traditional Yuletide method of par-boiling and tossing them with chestnuts in a pan, they are really good tossed in a little melted butter, or combined with some chopped or crumbled cooked bacon. Sprouts can also be used to make a delicious, greener version of bubble & squeak – slightly overcook them and mash them in with your potato before cooking.

Sautéing, steaming and stir-frying also bring out their sweet nature, so do your health a favour and rediscover this much-maligned winter veg – you may be glad you did!

3 MORE RECIPES TO TRY

- **Boxing Day soup**
- **Buttered sprouts with pancetta**
- **Spicy stir-fried sprouts**

For these recipes plus more creative ways to cook sprouts, visit **bbcgoodfood.com**

Sprouts with sesame & spring onions

SERVES 4 • PREP 5 mins • COOK 10 mins Easy V

Superhealthy Good source of vitamin C, counts as 1 of 5-a-day

1 tbsp sesame oil
thumb-size piece ginger, cut into matchsticks
300g/11oz Brussels sprouts, halved
250g/9oz beansprouts
small bunch spring onions, sliced diagonally
1 tbsp clear honey
2 tbsp soy sauce, plus extra to serve
1 tbsp sesame seeds

1 In a wok or large frying pan, heat the oil. Fry the ginger and Brussels sprouts, tossing to coat them in the oil for 5-6 mins, until slightly browned. Add a few tbsp water during cooking to stop them sticking if needed.
2 Throw in the beansprouts, spring onions, honey and soy sauce, then stir-fry for 1 min. Sprinkle on the sesame seeds and serve immediately with extra soy sauce, if you like.

PER SERVING 112 kcals, protein 6g, carbs 10g, fat 6g, sat fat 1g, fibre 5g, sugar 8g, salt 1.38g

Recipe photograph DAVID MUNNS | Recipe LUCY NETHERTON | Food styling LUCY McKELVIE | Styling JENNY IGGLEDEN

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GoodFood

In next month's issue

Great-value family meals

Quick suppers * Healthy options * Get-ahead batch cooking

Make Valentine's Day special

Relaxed menu for two * James Martin's homemade treats

Feel-good food to share

Friday-night tacos * Slow-cooked lamb * Cakes for every occasion



Steak pie with mustard pastry

On sale from 5 January

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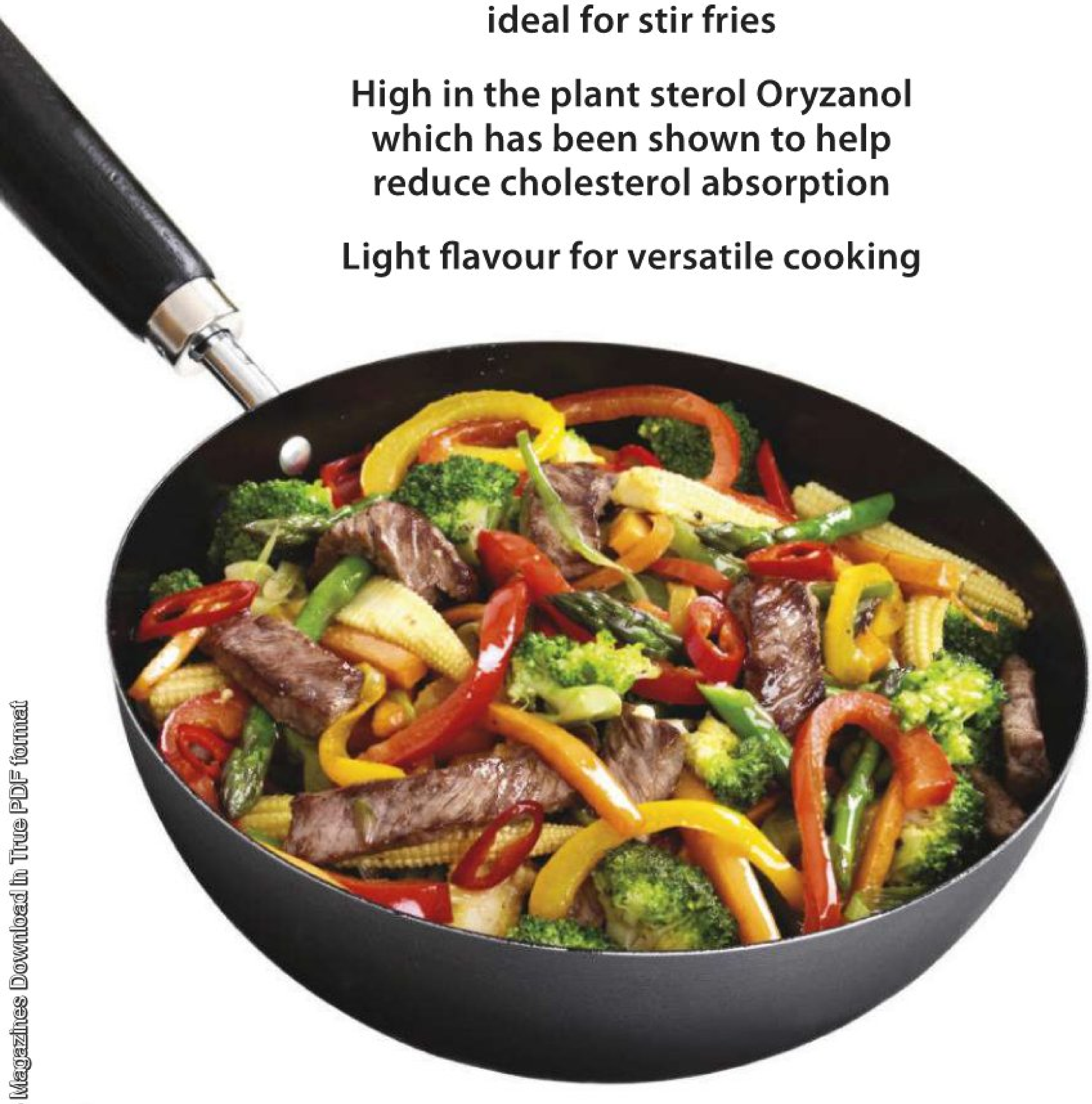
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French menu for friends



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Smart supper for the two of you



Make cupcakes with the kids



Bakes with the wow factor

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Celebrate French-style

'There are no rules about what to serve over the festive season in France, only that the meal should be long and leisurely, and the food utterly delicious. Five courses may seem daunting both for the cook and the diner. However, each dish is small and packed with flavour, and this is a perfect way to spend those hours running up to midnight'

MARY CADOGAN, Food writer

Five-course menu for 6

★ Potage Dubarry with crisp chorizo (creamy cauliflower soup)
★ Smoked salmon with lentil salad
★ Poule au pot with stuffing balls & garlic cream
★ French cheeses with cracked walnuts & dates
★ Mini Paris-Brest with white chocolate & crystallised fruit

Creamy cauliflower soup

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Poule au pot

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Potage Dubarry with crisp chorizo (Creamy cauliflower soup)

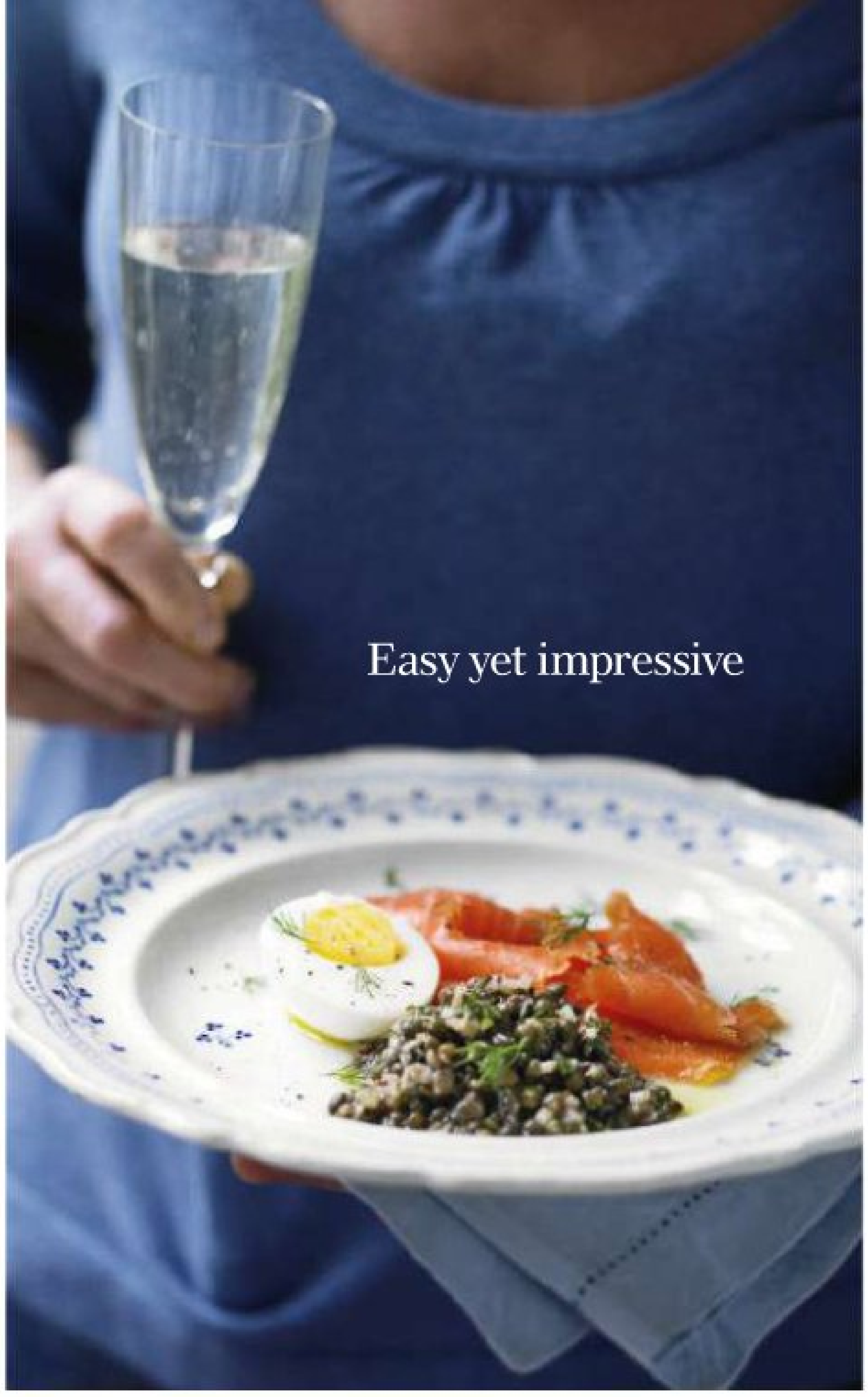
SERVES 6 • PREP 20 mins • COOK 35 mins Easy

The contrast of creamy cauliflower soup, crisp little florets and salty, spicy chorizo makes for a great start to this special meal.

1 large cauliflower, cut into florets
25g/1oz butter
2 shallots, chopped
2 medium potatoes, chopped
500ml/18fl oz milk
500ml/18fl oz vegetable stock
150ml/¼pt double cream
2 tbsp olive oil
12 slices chorizo
1 tbsp chopped coriander

1 Set aside two handfuls of small cauliflower florets. Heat the butter in a large pan, add the shallots and gently fry until soft but not brown. Add the cauliflower, potatoes, milk and stock. Season and bring to the boil, then reduce the heat, cover and gently simmer for 15-20 mins until the vegetables are tender. Purée until smooth either with a stick blender or in a food processor (you will need to do this in batches). Return to the pan and add the cream. Warm through and add more seasoning if necessary.
2 Heat the oil in a pan, add the reserved cauliflower florets and fry until brown and starting to soften. Add a splash of water, cover and cook for a further 1-2 mins until just tender. Tip the cauliflower into a bowl. Add the chorizo to the pan and fry quickly on each side until crisp. Drain on kitchen paper.
3 Serve the soup in bowls with a small pile of crisp cauliflower in the centre, topped with a couple of slices of chorizo and scattered with coriander.

PER SERVING 323 kcals, protein 11g, carbs 15g, fat 25g, sat fat 12g, fibre 3g, sugar 9g, salt 0.64g



Smoked salmon with lentil salad

SERVES 6 • PREP 15 mins • COOK 25-30 mins • Easy

175g/6oz Puy lentils
1 shallot, finely chopped
1 tbsp wholegrain mustard
2 tbsp white wine vinegar
6 tbsp good olive oil
3 eggs
2 tbsp dill, chopped, plus extra fronds to garnish
12 slices smoked salmon

1 Rinse the lentils, then put them in a pan and cover generously with water. Bring to the boil, then turn down the heat and simmer for 25-30 mins until tender. Drain well and leave to cool. Put the shallot in a bowl with the mustard, vinegar and seasoning. Mix well and whisk in the oil.
2 Put the eggs into a small pan and cover with water. Bring to the boil, then simmer for 3 mins. Cool quickly under running cold water and peel off the shells. Put in a bowl of cold water until ready to serve.
3 Stir the dill into the dressing and pour it over the lentils. Spoon onto 6 plates, then halve the eggs and put one half on each plate with two slices of smoked salmon. Sprinkle with black pepper, scatter over a few dill fronds and serve.

PER SERVING 307 kcals, protein 24g, carbs 15g, fat 17g, sat fat 3g, fibre 3g, sugar 1g, salt 2.61g

WINE NOTES

Blanc de Blancs Champagne which is made only with Chardonnay grapes gives a stylish start to the evening. Blanc de Blancs NV, 12% (£21.99, Waitrose), is pure, lean and deliciously fresh.

Follow on with In Partnership Chablis 2009, Burgundy, France, 12.5% (£9.99, Waitrose), an un-oaked Chardonnay which allows the delicate flavours of the Poule au pot to shine through.

Poule au pot with stuffing balls & garlic cream

SERVES 6 • PREP 40 mins • COOK 2 hrs
Easy

1.5 kg/3lb 5oz chicken
300ml/½pt white wine
1 onion, peeled, but left whole
3 cloves
1 bouquet garni (tied bundle of herbs)
2 garlic cloves
12 small potatoes
4 carrots, cut into 5cm lengths
2 turnips, cut into wedges
3 leeks, cut into 5cm lengths
roughly chopped parsley, to serve
FOR THE STUFFING BALLS
200g/7oz lean minced pork
100g/4oz streaky bacon, cut into dice
100g/4oz chicken livers, finely chopped
2 tbsp olive oil
2 shallots, diced
2 garlic cloves, crushed
1 egg, beaten
handful parsley leaves, chopped
100g/4oz fresh white breadcrumbs
FOR THE GARLIC CREAM
3 garlic cloves, left whole
200ml tub crème fraîche

1 Heat oven to 180C/160C fan/gas 4. Put the chicken in a flameproof casserole dish and pour over 600ml water and the wine. Stud the onion with the cloves. Add to the pan with the bouquet garni, garlic and seasoning, then bring to the boil. Cover and put in the oven for 1½ hrs.
2 To make the garlic cream, simmer the unpeeled garlic cloves in a small pan of water for 30 mins until soft. When cool enough to handle, squeeze out into a bowl and mash with salt and pepper. Stir in the crème fraîche and tip into a bowl, then keep in the fridge until needed.
3 For the stuffing, mix the meats in a bowl. Heat the oil in a small pan and gently fry the shallots and garlic until softened but not browned. Add to the bowl with the egg, parsley, breadcrumbs, seasoning, then mix well. Shape into 18 balls and put in a shallow baking tray.
4 Remove chicken after 1½ hrs and put it on the hob on medium heat. Place the stuffing in the oven for 25-30 mins until browned and crisp. Add the vegetables to the chicken pot. Cook for 25-30 mins, then lift out the chicken to a plate and keep the veg warm in the stock.
5 Remove chicken's skin, and break the flesh into chunks. Put on a warm platter with the stuffing and the veg. Add a ladle of cooking stock and the parsley. Serve the rest of the cooking juices in a jug.

PER SERVING 745 kcals, protein 54g, carbs 48g, fat 37g, sat fat 16g, fibre 7g, sugar 14g, salt 1.31g

Photographs DAVID MUNNS | Portrait photo ROGER STOWELL | Food styling EMMA-JANE FROST | Styling LISA HARRISON

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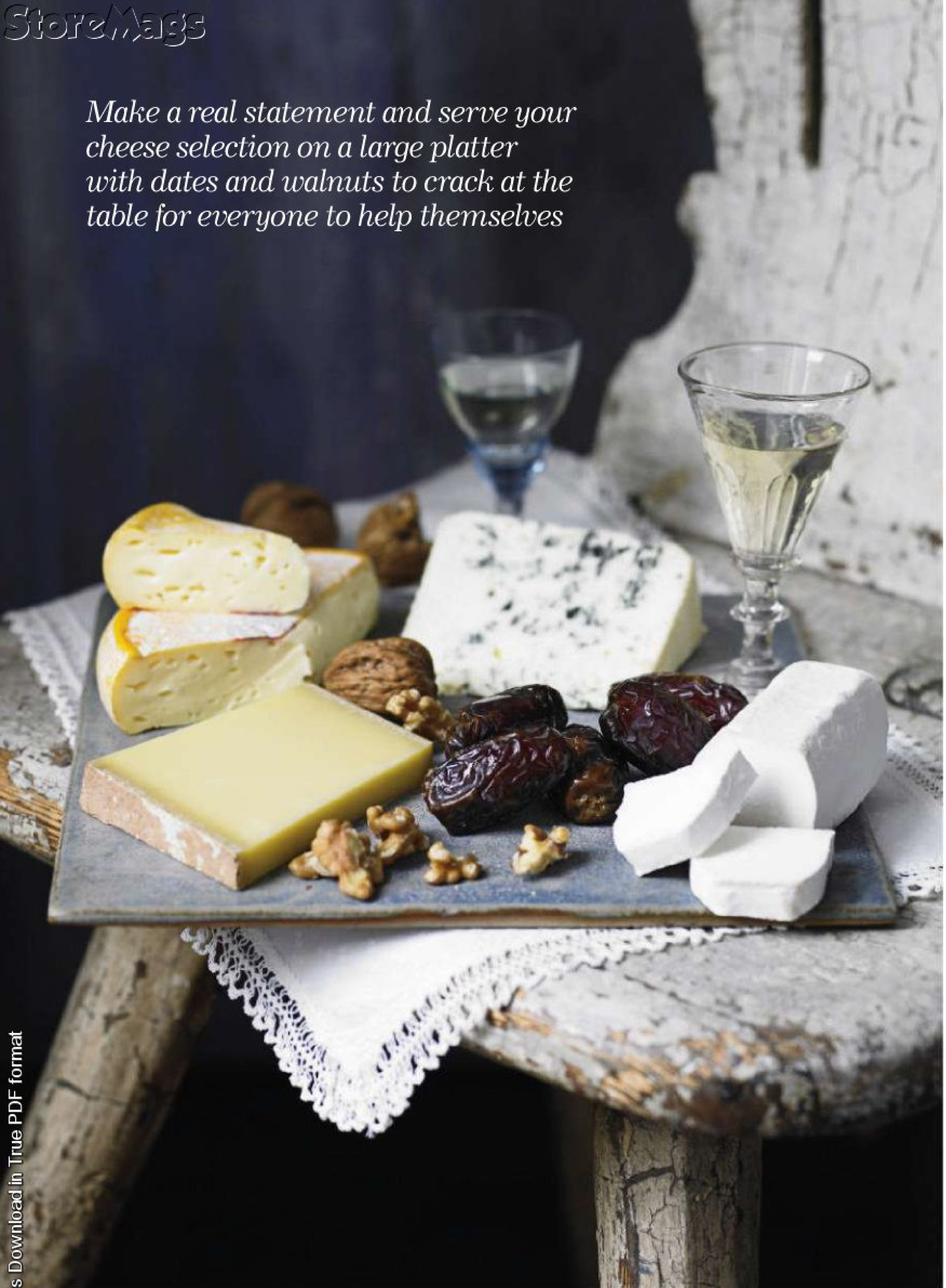


Packed with vegetables and aromatic herbs, this classic French dish really delivers. Cooking the chicken in a pot keeps it beautifully tender and the stock is so full of flavour

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Make a real statement and serve your cheese selection on a large platter with dates and walnuts to crack at the table for everyone to help themselves

French cheeses with cracked walnuts & dates

SERVES 8

I suggest you offer three or four cheeses and serve 150g of each – pick one from each of these categories.

Creamy Brie de Meaux, Chaource, Pont l'Evéque or Reblochon
Nutty Mountain cheeses such as Beaufort, Salers or Comté
Blue St Agur, Roquefort or Bleu D'Auvergne
Goat Chabichou du Poitou, Crottin de Chavignol, Valençay

WANT TO GET AHEAD?

- The soup will keep for 2 days in the fridge or can be frozen for up to 1 month.
- The lentils and their dressing can be made 2 days in advance. Store in the fridge.
- The eggs can be boiled in the morning. Keep covered in cold water in the fridge.
- The stuffing balls and garlic cream can be made the day before. Store in the fridge.
- Bake choux rings 2 days before and keep in the fridge or for up to 1 month in freezer. Crisp again briefly in the oven before using, then fill and decorate up to 8 hours before serving – keep chilled.

Mini Paris-Brest with white chocolate & crystallised fruit

MAKES 8 • PREP 40 mins • COOK 25-30 mins **Moderately easy** choux can be frozen

This gorgeous confection was invented to celebrate the Paris-Brest cycle race – it's meant to resemble a bicycle wheel.

FOR THE CHOUX PASTRY
70g/2½oz plain flour
50g/2oz butter
2 large eggs
FOR THE FILLING
250ml/9fl oz double cream
1 tsp vanilla paste or extract
150g/6oz white chocolate
140g/5oz crystallised fruit, chopped
2 tbsp toasted flaked almonds, chopped
icing sugar, for dusting

1 Heat the oven to 200C/180C fan/gas 6. Line a large baking sheet with baking paper and mark 8 circles about 8-9cm across using a glass or mug. Turn the paper over. Sift the flour onto a sheet of baking paper. Put the butter and 150ml water into a pan, then bring slowly to the boil until the butter has melted. When the water is bubbling, remove quickly from the heat, tip in the flour all at once and beat quickly with a wooden spoon until it forms a dough that leaves the side of the pan clean. Remove from the heat and cool for 3 mins.
2 Lightly beat the eggs with a fork. Add the egg to the dough gradually, beating well with each addition until the dough is smooth and glossy. Put this dough into a piping bag fitted with a large plain nozzle (about 2cm across) or use a large food bag with the corner snipped off. Pipe 8 thick rings onto the baking sheet using the marked circles as a guide.
3 Bake the buns for 20-25 mins until crisp and golden, then split them carefully in half through the centre using a sharp knife in a sawing action; return to the oven for 5 mins. Transfer to a cooling rack, taking care to keep the tops and bottoms together, and leave to cool. Whip the cream to soft peaks and stir in the vanilla. Melt 100g of the chocolate for 1-2 mins in a microwave. Leave to cool slightly, then fold into the cream.
4 Stir half the crystallised fruit and the almonds through the cream. Fill the choux rings with the mixture using two teaspoons. Melt the remaining chocolate and drizzle over the choux rings. Scatter with crystallised fruit and leave to set. Dust with icing sugar before serving.

PER SERVING 421 kcals, protein 5g, carbs 32g, fat 31g, sat fat 17g, fibre 2g, sugar 21g, salt 0.25g

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Completely make-ahead

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Dip in!

Lucy Netherton's make-ahead dips prove that stylish party food doesn't have to involve hours of fiddly preparation

Photographs MYLES NEW



Keep a batch in the freezer

Ready in 20 minutes

Lime & coconut dhal

SERVES 8 ● PREP 5 mins ● COOK 15 mins

Easy V ❄

Heat **1-2 tbsp mild curry paste** in a pan for 1 min. Pour in **160ml tin coconut cream** and stir to combine. Add the **zest of 1 lime, 1 heaped tsp brown sugar** and a drained **400g tin lentils**. Bring to a simmer and cook for 10 mins, adding a **squeeze of lime juice** and seasoning.

Stir through a **handful chopped coriander** and serve with **2 warmed naan breads**, cut into fingers. Sprinkle extra coriander on the dhal if you like. Great warm or at room temperature.

PER SERVING 104 kcals, protein 3g, carbs 7g, fat 8g, sat fat 6g, fibre 2g, sugar 2g, salt 0.39g

Warm Mexican bean dip with tortilla chips

SERVES 8 ● PREP 5 mins ● COOK 25 mins

Easy V ❄ (dip) **Superhealthy** 1 of 5-a-day

Fry **1 chopped onion** in **1 tbsp olive oil** until soft. Add **1 tsp** each **soft brown sugar, wine vinegar** and **Cajun seasoning**. Cook for 1 min then add **400g tin mixed beans** and **400g tin chopped tomatoes with garlic**. Simmer for 10-15 mins until the sauce has thickened then season.

Scatter **handful grated cheddar** onto **100g tortilla chips**. Microwave on High for 1 min until cheese has melted.

Serve alongside the dip (top with some **chopped avocado** if you like). Make ahead and reheat dip before guests arrive.

PER SERVING 144 kcals, protein 6g, carbs 16g, fat 7g, sat fat 2g, fibre 3g, sugar 3g, salt 0.76g

Food styling JENNIFER JOYCE | Styling JENNY IGGLEDEN

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Smoked trout pâté & pitta crisps

SERVES 8 ● PREP 10 mins ● COOK 12 mins

Easy · Good for you

Heat oven to 220C/200C fan/gas 8. Halve **4 pittas** and cut into wedges. Brush with **2 tbsp olive oil**; sprinkle with **salt** and **chopped dill**. Cook for 10-12 mins until crisp. Flake **240g hot smoked trout fillets** and mix with **200g reduced fat soured cream, 1 tbsp chopped gherkins** and **2 tbsp chopped dill**. Serve with the crisps.

PER SERVING 175 kcals, protein 11g, carbs 18g, fat 7g, sat fat 2g, fibre 1g, sugar 2g, salt 1.30g



Healthy choice

Edamame & chilli dip with crudités

SERVES 8 ● PREP 10 mins ● COOK 5 mins

Easy · V · Good for you, low fat

Cook **300g frozen soya beans** in boiling salted water for 4 mins. Drain and cool under cold running water. Blitz with **150g low-fat natural yogurt**, **1 chopped red chilli, juice 1 lime** and **1 crushed garlic clove** until smooth. Fold in **1 finely chopped red onion** and a **handful chopped coriander**. Serve with **halved radishes** and **sticks of carrots, celery and peppers**. *The dip will keep covered in the fridge for up to 3 days.*

PER SERVING 71 kcals, protein 6g, carbs 6g, fat 3g, sat fat 1g, fibre 2g, sugar 2g, salt 0.04g

TIP

If you can't find frozen soya beans (Edamame), simply swap them for peeled fresh ones or frozen broad beans. Cook as stated, then slip board beans out of their skins before blitzing.



Nibbles or smart starter



No cooking required

Creamy pesto with prosciutto dippers

SERVES 8 ● PREP 10 mins ● NO COOK

Easy · Good for you

Mix a **300g tub light soft cheese** with **2 tbsp basil pesto**. Take a **140g pack grissini** (bread sticks) and halve each one. Cut **90g pack prosciutto** into strips and wrap around the end of each grissini. Serve alongside the pesto dip. Scatter **1 tbsp pine nuts** over dip and drizzle with **extra virgin olive oil** before serving.

PER SERVING 179 kcals, protein 9g, carbs 14g, fat 10g, sat fat 4g, fibre 1g, sugar 3g, salt 1.22g

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Make-ahead Moroccan menu



'Scented and colourful, this celebratory Moroccan menu embraces the spirit of the season with nuts, dried fruit, spices and a mix of sweet and savoury flavours. All the dishes are authentic, yet they're easy to plan. The preparation and cooking can be done ahead, meaning you need no more than half an hour to heat and serve your dinner. Also, the food can be served on large platters to share, or as individual portions for a formal sit-down dinner'

KHALIL ABDESSLEM, Restaurateur and chef

Moroccan sharing menu for 6

★ Tfaia – Lamb tagine with quail's eggs & hazelnuts
Couscous with caramelised onions & raisins
Chicken & almond bastilla
Roasted green peppers & aubergine, harissa dressing
★ Orange bavarois with honey & cinnamon syrup

Tfaia – Lamb tagine with quail's eggs & hazelnuts

SERVES 6 • PREP 10 mins • COOK 1 hr 45 mins
Easy ❄ without the eggs

What is most intriguing about this traditional tagine is the contrasts in flavours and textures. The deep intensity of the coriander sauce works well with the quail's eggs and the roasted hazelnuts add a distinctive finish.

75g/2½oz butter
3 tbsp olive oil
2 large onions, chopped
small pinch saffron strands
1½ tsp ground ginger
1kg/2lb 4oz shoulder of lamb, chopped into chunky pieces
2 garlic cloves, finely chopped
6 tbsp freshly chopped coriander
TO SERVE
8 hard-boiled quail's eggs, peeled and halved
100g/4oz shelled and roasted hazelnuts

1 Melt the butter and olive oil in a large saucepan with a lid. Add the onion, saffron, ginger and some salt and pepper. Cook on a medium heat until the onions are soft and transparent, about 10 mins. Tip in the lamb and the garlic, stir well and cook for 3 mins. Add a little water to stop the lamb sticking to the pan if needed. Stir in the coriander and just enough cold water to cover the meat. Bring gently to the boil, then reduce the heat, cover and simmer until the meat becomes tender – could take up to 1 hr 30 mins. Once tender, remove the lid and simmer until sauce has reduced by half.
2 To serve, use a tagine dish or a large platter, pour some of the sauce on the base, place the pieces of meat on top and spoon over more sauce, scatter with the eggs and sprinkle the roasted hazelnuts on top.

PER SERVING 1,051 kcals, protein 53g, carbs 11g, fat 88g, sat fat 35g, fibre 3g, sugar 6g, salt 0.65g

Khalil Abdesslem, an authority on Moroccan cooking and cuisine, owns Doukan, a Moroccan restaurant in Wandsworth, London. He is also food managing director of *nomades.co.uk*, a well-known brand of Moroccan ingredients, and regularly appears on TV, including presenting a programme on Morocco for the Travel Channel with Sophie Grigson

Couscous with caramelised onions & raisins

SERVES 6 • PREP 15 mins • COOK 30 mins Easy V

Served hot or cold, this sweet and savoury couscous has deep Moorish aromas.

6 tbsp extra virgin olive oil
2 large onions, finely sliced
½ tsp ground ginger
¼ tsp turmeric
1 small bunch coriander, washed and tied with a rubber band
50g/2oz golden raisins
2 tbsp caster sugar
1 tsp ground cinnamon
250g/9oz couscous
100g/4oz butter

1 To make the caramelised onions and raisins, heat 4 tbsp olive oil in a medium pan, add the onions and stir until soft. Add the ginger, turmeric and seasoning. Keep stirring and add a little water if they start to stick. When the onions have reduced by nearly half, pour in 500ml cold water and bring gently to the boil. Add the coriander, raisins, sugar and cinnamon. Reduce the heat, cover and leave to gently cook.
2 Tip the couscous into a large bowl, pour the remaining olive oil on top and work the grains with your fingers until they are coated. Melt half the butter and add to the couscous. Toss with a fork to ensure the butter is evenly mixed. Remove the coriander from the onions and raisins and pour the mix over the couscous. Cover tightly with a cling film and set aside for 10 mins.
3 Uncover the couscous and fluff up with a fork. Fork through the remaining butter and add a little salt and pepper if needed. *This recipe can be enjoyed hot or cold. To reheat,* cover the bowl with cling film and heat in a microwave on High for 3 mins.

PER SERVING 386 kcals, protein 3g, carbs 38g, fat 25g, sat fat 10g, fibre 1g, sugar 15g, salt 0.21g

Photographs DAVID MUNNS | Food styling LUCY McKELVIE | Styling JENNY IGGLEDEN

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Enjoy aromatic lamb with classic Moorish couscous – twinkly tealights help set the scene

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Chicken & almond bastilla

SERVES 6 • PREP 35 mins plus cooling • COOK 2 hrs

Moderately easy • unbaked

The delicately sweet and savoury flavour, crunchy almonds and crisp pastry are an intriguing but classic combination.

FOR THE CHICKEN
2 tbsp olive oil
3 large onions, finely chopped
400g/14oz chicken legs
1 tsp finely chopped garlic
1 tsp ground ginger
½ tsp ground turmeric
2 tbsp freshly chopped parsley
2 tbsp freshly chopped coriander
5 tsp granulated sugar
2 tsp ground cinnamon
FOR THE ALMOND MIXTURE
2 tbsp olive oil
200g/7oz blanched almonds
2 tbsp icing sugar
1 tsp ground cinnamon
2 tbsp orange blossom water
2 x 275g packs filo pastry sheets
50g/2oz butter, melted
1 egg yolk, beaten
splash milk, for brushing

1 Heat the oil in a saucepan with a lid. Cook the onions until soft and transparent, about 10 mins. Add the chicken legs, garlic, ginger and tumeric. Stir in the parsley and coriander, plus a small cup of water. Mix well, then cover and gently bring to the boil. Cook for a few mins, then pour over enough cold water to cover the chicken. Put the lid back on and simmer for 20 mins. Stir in the sugar and cinnamon and mix well. When the chicken is nearly done, remove the lid and cook for a further 10 mins.
2 To make the almond mixture, heat the oil in a small frying pan and gently cook the almonds until golden. Remove and place on kitchen paper to remove excess oil. Transfer to a food processor and whizz until ground. Add the sugar and cinnamon, then pulse briefly until combined. Add the orange blossom water and mix well, then set aside.
3 When the chicken is cooked and cool enough to handle, lift it out and take the meat off the bones, discarding the skin. Return the meat to the casserole and cook, uncovered, over a medium heat until sauce is reduced by a third – this will take about 30 mins. Set aside and leave to cool.
4 Heat oven to 220C/200C fan/gas 7. Once the chicken has cooled, separate the filo pastry sheets and cover with a tea towel to stop them drying out. Brush the bottom and sides of a deep 20cm tart or cake tin with some of the melted butter. Place one sheet of pastry at the bottom of the dish and brush with some butter. Then place a few more sheets on the sides of the dish, overlapping so that it covers the bottom of the dish, but half of each sheet should be overhanging. This will be used to tuck in the filling later.
5 Pour ¾ of the almond mix on top and spread evenly. Place another sheet of pastry on top of the almond mix and press down lightly. Pour most of the chicken mix on top and spread evenly leaving a 1cm border around the edges. Place one sheet of pastry on top. Add the rest of the almond mix, then the remaining chicken mix. Fold up the overlapping sides of the pastry sheets. Seal the pastry together in the centre with a little beaten egg yolk. Brush with beaten egg yolk and a splash of milk. Bake the bastilla for 20-30 mins or until the pastry is golden brown. Remove from the tin to serve.

PER SERVING 555 kcals, protein 19g, carbs 50g, fat 32g, sat fat 7g, fibre 4g, sugar 13g, salt 0.68g

Roasted green peppers & aubergine, harissa dressing

SERVES 6 • PREP 10 mins • COOK 30 mins

Easy • Low fat

This classic Moroccan side dish is a great accompaniment to the lamb tagine. The fried aubergines and sweetness of the roasted peppers blend beautifully in the tangy dressing made with preserved lemons and spicy harissa paste.

2 tbsp olive oil
2 aubergines, sliced into rounds
4 green peppers
FOR THE DRESSING
2 preserved lemons, pulp taken out, skin finely diced
2 garlic cloves, roasted, peeled and finely chopped (see box, right)
2 tbsp chopped parsley
2 tsp ground cumin
2 tbsp extra virgin olive oil
1 tbsp white wine vinegar
juice ½ lemon
¼ tsp harissa paste

1 Heat the oil in a large frying pan. Fry the aubergines for 2-3 mins on each side until golden brown, then remove and leave to drain on kitchen paper – you may need to do this in batches. Heat the grill to high and cook the peppers until blackened all over. Transfer to a bowl and cover with cling film, leave to cool slightly, then peel the blackened skin away and remove the seeds. Roughly chop the aubergine and peppers, then set aside while you make the dressing.
2 In a large mixing bowl mix all the dressing ingredients with some salt and pepper until well combined. Stir in the chopped peppers and aubergine. Leave to marinate for 5 mins, taste for seasoning and adjust to suit your taste.

PER SERVING 108 kcals, protein 2g, carbs 6g, fat 8g, sat fat 1g, fibre 3g, sugar 5g, salt 0.69g

WANT TO GET AHEAD?

- The chicken mix for the bastilla can be made up to 2 days ahead and chilled, or a month in advance and frozen.
- The peppers can be prepared the night before.
- The tagine can be made up to 2 days ahead and chilled, or a month ahead and frozen without the eggs or hazelnuts.
- The couscous can be made the day before and chilled, then reheated in the microwave.
- The bavarois are best prepared the day before, but can be made up to 2 days ahead, as can the syrup.

TIP

Roast unpeeled garlic at a low oven temperature until the cloves are soft enough to squeeze.

TASTE TEAM COMMENT



'I prepared bits and pieces of this menu in advance as there are lots of elements. The aromas as each dish was cooking were wonderful. The highlights for us were the lamb , couscous and, of course, the pudding!' *(Turn the page for the pudding recipe.)* LYNN

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This fragrant chicken and almond pie is warming and hearty

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Orange bavarois with honey & cinnamon syrup

SERVES 6 • PREP 40 mins plus cooling • COOK 20 mins Moderately easy

A light finish to a substantial meal, this zesty orange dessert is creamy but still delicate and gentle.

FOR THE BAVAROIS

600ml/1pt whole milk
zest and juice 2 oranges
1 vanilla pod
12 egg yolks
140g/5oz golden caster sugar
5 leaves gelatine, softened in cold water
150ml/¼pt double cream

FOR THE SYRUP

450g/1lb honey
zest and juice 1 orange
3 cinnamon sticks, halved
pinch ground cinnamon

1 To make the bavarois, put the milk in a saucepan with the orange zest. Split the vanilla pod in half lengthways and scrape out the seeds, add both the seeds and the pod to the milk. Place on a medium heat and bring up to the boil, then turn off the heat and set aside.

2 Beat together the egg yolks and sugar with a pinch of salt until light and fluffy. Strain the warm milk onto the yolk mixture, stirring all the time to combine. Transfer the mixture into a clean pan and place on a low heat. Gently cook for about 5 mins, stirring constantly, until the mixture thickens and coats the back of a spoon. Ensure it does not simmer at all as it may scramble. Remove from the heat; add the softened leaves of gelatine, stirring to dissolve them. To ensure that the mixture is lump-free, pass through a fine sieve. Set aside.

3 Whip the double cream. Add the orange juice to the egg mixture and, using a whisk, gently fold in the whipped cream. Pour into 6 x 150ml moulds and allow to set in the fridge for at least 4 hrs or preferably overnight.

4 For the syrup, in a small saucepan, combine the honey, 225ml of water, orange juice and orange zest. Cook over a medium heat, stirring occasionally, until boiling. Add the cinnamon sticks and continue to boil until the mixture is reduced by a quarter, about 25 mins, then stir in the ground cinnamon. Take out the cinnamon sticks and reserve. Leave the syrup to cool.

5 To serve, dip moulds briefly into boiling water to release the bavarois, then turn upside down onto dessert plates. Drizzle the syrup over and decorate each one with a cinnamon stick.

PER SERVING 675 kcals, protein 15g, carbs 89g, fat 30g, sat fat 13g, fibre none, sugar 89g, salt 0.25g



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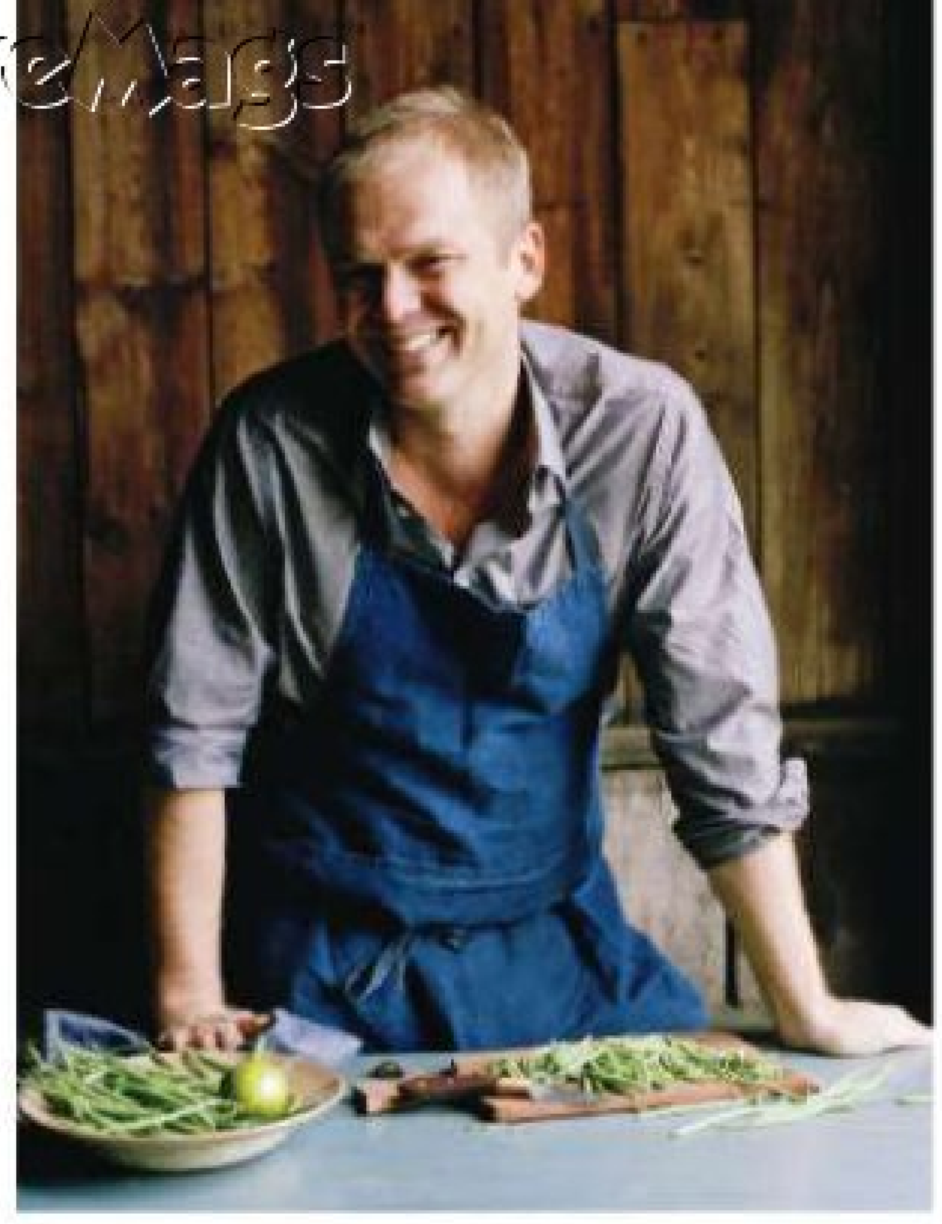
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Bill's easy brunch

Australian chef **Bill Granger** is famous for his simple cooking style and his deliciously effortless breakfast recipes. Share these with friends and family over the holiday season

On busy days, my family is happy with simple breakfasts like a bowl of muesli or yogurt, but I love lazy weekends, when the deadline for breakfast is a luxurious two hours later. Brunch can be such a relaxed affair, why not invite guests over and let them follow the aromas of hot buttered toast and fresh coffee up the driveway



A touch of spice to start the day

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Quesadillas with black beans & tomato salsa

SERVES 4 • PREP 30 mins • COOK 35-40 mins Easy

If you can sneak it in, add a handful of wilted spinach – squeeze it dry and finely chop, then mix through the beans.

2 x 400g tins black beans, drained and rinsed
125g Emmental, provolone or other mild semi-hard cheese, diced or grated
8 spring onions, finely sliced
small handful coriander leaves, chopped
8 flour tortillas
2 tbsp extra virgin olive oil
FOR THE TOMATO SALSA
500g tomatoes (green work well, too)
1 small onion, diced
3 tbsp coriander leaves
1 green chilli, finely chopped (optional)
2 tbsp lime juice
½ tsp caster sugar

1 To make the salsa, add the tomatoes to a pan of boiling water and simmer for 6-10 mins for red tomatoes, or 10-15 mins for green ones, until softened and starting to change colour. Drain the tomatoes and put them into a blender with all the rest of the ingredients and ½ tsp salt. Pulse to the desired texture – I like mine quite chunky.
2 Put the black beans, cheese, spring onions and coriander leaves in a bowl, and stir gently to combine. Season with salt and pepper to taste. Divide the mix between the 8 tortillas, spooning it onto one side, then fold each tortilla in half.
3 Heat the oven to low. Heat a griddle or frying pan over a medium heat until hot. Drizzle in 1 tsp olive oil, then add 2 folded quesadillas and cook for 2-3 mins on each side until browned. Keep warm on a baking tray in the oven while you cook the rest of your quesadillas. Serve with the tomato salsa.

Bacon & egg tart

SERVES 4-6 • PREP 15 mins • COOK 30-35 mins Easy

Tarts are great breakfast food, but who wants to roll out pastry in the morning? Here the breadcrumbs miraculously form a base, eliminating the need. For a richer version, use half milk and half crème fraîche or single cream.

1 tsp extra virgin olive oil
1 large onion, halved and thinly sliced
3 bacon rashers, de-rinded and sliced into batons
3 tbsp dried breadcrumbs
4 medium eggs
250ml milk
170g goat's cheese or ricotta, crumbled
lightly dressed baby salad leaves, to serve

1 Heat oven to 200C/180C fan/gas 6. Place a 25-26cm ovenproof frying pan over a medium heat. Add the olive oil, onion and bacon and cook until the onion is translucent, 5-10 mins. Remove from the heat, tip the bacon and onion mixture onto a plate and set aside. Sprinkle the breadcrumbs over the base of the frying pan and scatter the bacon and onion mixture on top.
2 Beat the eggs and milk together in a bowl until combined. Stir through the goat's cheese, being careful not to break it up too much. Season with salt and pepper.
3 Pour the egg mixture over the onion and bacon in the pan. Bake for 25 mins, or until the eggs are set and the top is lightly golden. Grind over a little more pepper and serve hot, warm or cold, as you prefer, with salad leaves.

Photographs JOHN KERNICK | Food and props stylist SUSIE THEODOROU

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Quick prep, then bake in the oven

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A real Aussie breakfast favourite. Eat with caramel bananas when the windows are frosty and misted, or swap for berries once the sun is shining. This little carb injection will keep you motoring through the day

Delicious with a cup of coffee

• Look out for *Bill's Tasty Weekends* on the Good Food channel in February

Oaty hotcakes with caramel bananas

SERVES 4 Easily doubled • PREP 15 mins • COOK 20 mins Easy

FOR THE HOTCAKES
185g plain flour
1½ tsp baking powder
¼ tsp ground cinnamon
good pinch of freshly grated nutmeg
1 tbsp caster sugar
25g rolled oats
375ml buttermilk
1 medium egg, lightly beaten
35g butter, melted, plus extra for pan
caramel bananas, see below, to serve

1 To make the hotcake batter, sift the flour, baking powder, cinnamon, nutmeg and a pinch of salt together into a bowl. Stir the sugar and oats through, then make a well in the centre. Pour in the buttermilk and egg, stirring until just mixed. Add the melted butter and stir to combine.

2 To cook the hotcakes, heat a large non-stick frying pan over a medium heat and brush a little butter over the base. Pour in 2 or 3 small ladlefuls of batter, being careful not to overcrowd the pan, and cook for 2-3 mins, until bubbles appear on the surface. Turn and cook for a further 2-3 mins. Transfer to a plate and keep warm while cooking the rest. Serve the hotcakes with the caramel bananas.

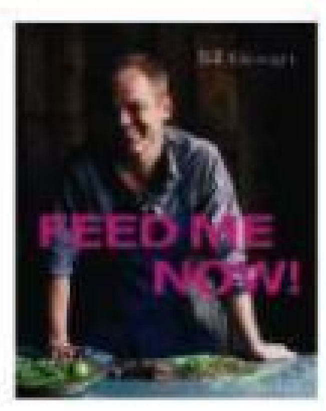
Caramel bananas

SERVES 4 with hotcakes • PREP 10 mins • COOK 10 mins Easy

3 bananas
60g butter
90g soft brown sugar
½ tsp vanilla extract

Halve the bananas lengthways and cut each piece in three. Put the butter, sugar, vanilla and 2 tbsp water in a large frying pan over a medium heat. Cook until the mixture forms a caramel and darkens. Add the bananas and toss through until well coated.

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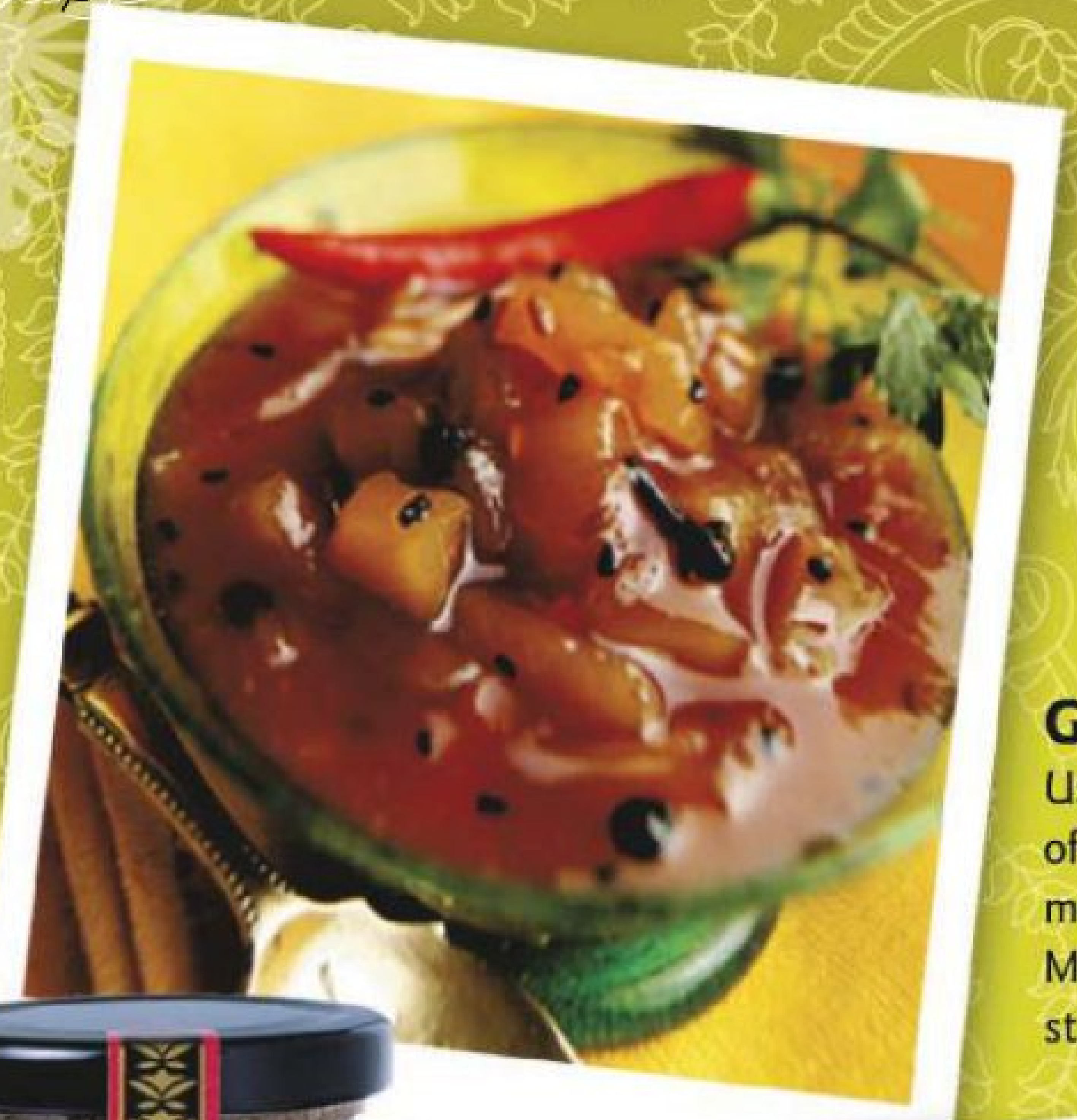


These recipes are adapted from *Feed Me Now!* by Bill Granger (£20, Quadrille). You can buy the book for just £18 by calling 01326 569444, p&p is free, or online at *bbcgoodfood.com/sparkledirect*

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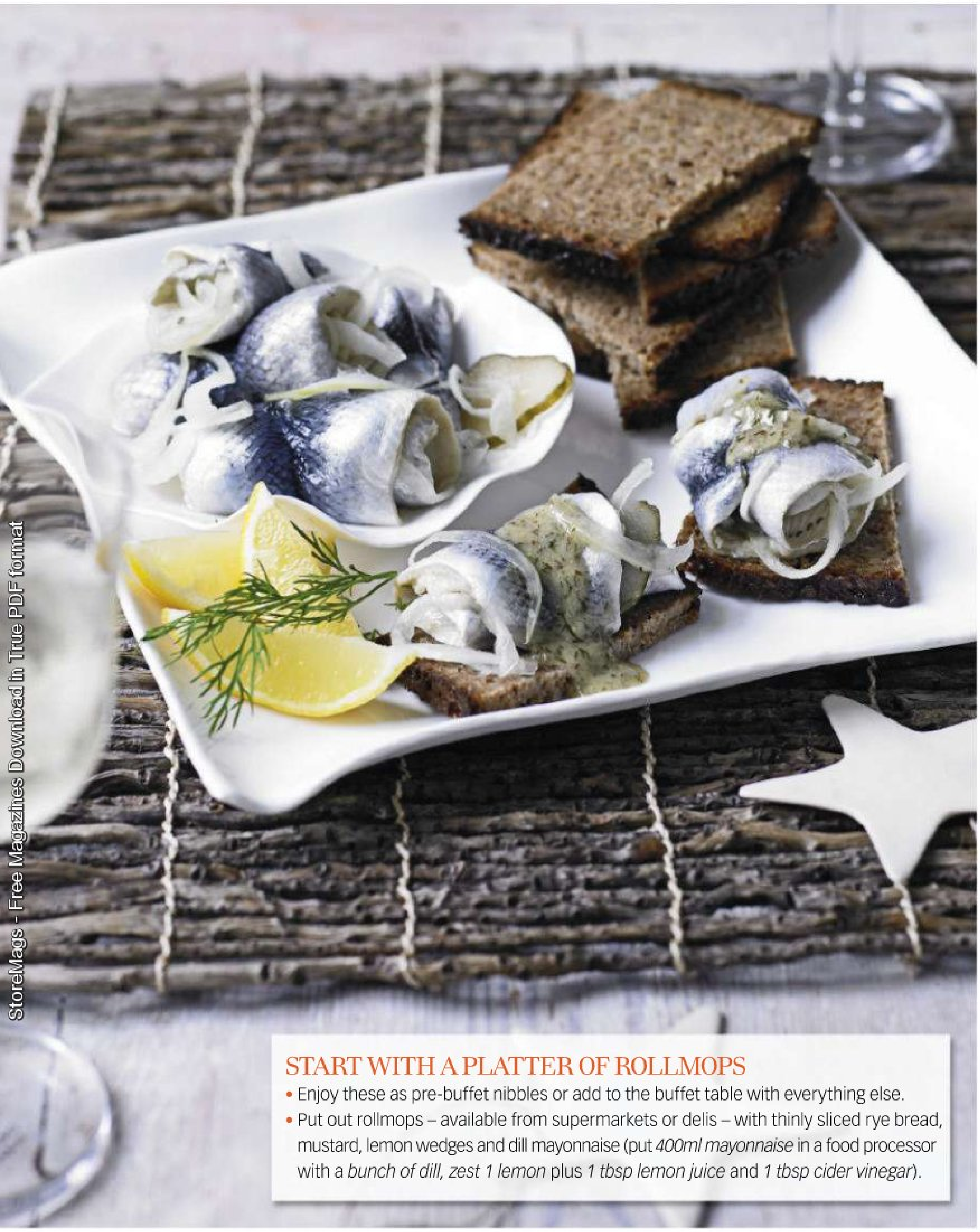
Share a taste of Scandinavia

Simple food for friends



Fashionable, modern and seasonal, these recipes are familiar in style, yet with a Scandinavian twist that makes for a relaxed get-together

Recipes CAMILLA PLUM Photographs DAVID MUNNS



START WITH A PLATTER OF ROLLMOPS

- Enjoy these as pre-buffet nibbles or add to the buffet table with everything else.
- Put out rollmops – available from supermarkets or delis – with thinly sliced rye bread, mustard, lemon wedges and dill mayonnaise (put *400ml mayonnaise* in a food processor with a *bunch of dill, zest 1 lemon* plus *1 tbsp lemon juice* and *1 tbsp cider vinegar*).

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Buffet to serve 8-10

★ Rollmops with rye bread, mustard and dill mayonnaise
★ Salmon pudding
★ Root vegetables with elderflower & lemon
★ Salad of Nordic herbs & ancient grains
★ Celery, apple & walnut salad
★ Red cabbage salad with caraway seeds
★ Scandinavian apple cake
★ Cardamom ice cream

Salmon pudding

SERVES 8 • PREP 20 mins plus salting • COOK 1½ hrs Easy

Laxpudding, a Swedish classic, is a smart yet comforting potato bake.

500g/1lb 2oz skinless, boneless salmon fillet
2 tsp coarse sea salt
1.5kg/3lb 5oz waxy potatoes, thinly sliced
1 onion, peeled and chopped
2 bunches dill, chopped
4 eggs
300ml/½pt whipping cream
500ml/18fl oz full-fat milk
½ tsp coarsely ground black pepper

Slice fish as thinly as you can, then season with 1 tsp of sea salt. Let it rest for a couple of hours. Heat oven to 180C/160C fan/gas 4. Layer the salmon, potatoes, onion and dill in a deep ovenproof dish, beginning and ending with a layer of potatoes. Whisk the eggs, cream, milk and seasoning together in a bowl and pour over the top. Bake for 1-1½ hrs until the potatoes are nicely browned.

PER SERVING 489 kcals, protein 24g, carbs 38g, fat 28g, sat fat 13g, fibre 3g, sugar 6g, salt 1.56g

Food styling EMMA JANE FROST | Styling JO HARRIS | Wine notes SARAH JANE EVANS MW

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Serve hot from the oven

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Celery, apple & walnut salad

SERVES 8 • PREP 20 mins plus marinating • NO COOK Easy V
Superhealthy counts as 1 of 5-a-day

1 celery heart
5-6 eating apples
2 handfuls shelled walnuts
medium bunch seedless grapes, preferably Muscat, halved
50ml/2fl oz extra virgin olive oil
75ml cider vinegar
1 tbsp runny honey

Cut celery and apples into bite-size pieces, saving the pale yellowish celery leaves. Mix celery and apples with remaining ingredients. Leave the salad to macerate for a while, then taste and season with salt and maybe a little more honey. Scatter some coarsely chopped celery leaves on top and it's ready. *Leftovers will keep in the fridge for 1-2 days.*

PER SERVING 145 kcals, protein 2g, carbs 13g, fat 10g, sat fat 1g, fibre 2g, sugar 13g, salt 0.05g

Red cabbage salad with caraway seeds

SERVES 8 • PREP 30 mins plus 1 hr soaking and 30 mins drying • COOK 20 mins Easy V Low fat

This colourful salad is a wonderful pick-me-up on a bleak winter day, and makes a great alternative to the traditional pickled red cabbage served for Christmas dinner.

1 small head red cabbage
50g/2oz very coarse sea salt
1 litre carton apple juice
100g/4oz granulated sugar
1½ tbsp caraway seeds

1 Cut the cabbage into quarters, remove the core, then cut into very fine strips. Place in a large bowl and scatter over the salt. Now squeeze the cabbage with your hands until it releases some of its water – it's actually quite fun! Transfer the cabbage to a large colander, and let it sit in the sink for 1 hr (the cabbage will go limp but will still be crunchy). Rinse with cold water to remove excess salt. Let the cabbage dry on a towel for 30 mins, then pat dry.
2 Meanwhile, reduce the apple juice with the sugar to a syrup. Turn the cabbage in the syrup in a large bowl, while still hot. Toast the caraway seeds in a dry pan until they wriggle like jumping beans. Scatter the seeds over the cabbage and serve. *Leftovers will keep in the fridge for 1-2 days.*

PER SERVING 116 kcals, protein 1g, carbs 28g, fat 1g, sat fat none, fibre 1g, sugar 27g, salt 1.89g

Root vegetables with elderflower & lemon

SERVES 8 • PREP 20 mins • COOK 1 hr 20 mins Easy V

A medley of baked root vegetables is a popular winter dish in Scandinavia, either on its own or accompanied by meat or fish.

1kg/2lb 4oz mixed root vegetables, such as carrots, celeriac, parsnips or swede
500g/1lb 2oz onions and leeks
200ml/7fl oz elderflower cordial (undiluted)
zest and juice 2 large lemons
4 tbsp cider vinegar
handful bay leaves
sprig lemon thyme
2 tbsp coarse salt
1 tsp ground black pepper
75g/2½oz soft, salted butter

Heat oven to 180C/160C fan/gas 4. Rinse and peel all the roots and cut into large chunks. Peel and quarter the onions, and clean and cut the leeks into 4cm pieces. Put all the vegetables in a roasting tin large enough to hold everything in a single layer. Add the rest of the ingredients and mix together well. Bake until tender and caramelised, about 1 hr-1 hr 20 mins.

PER SERVING 118 kcals, protein 2g, carbs 10g, fat 8g, sat fat 5g, fibre 4g, sugar 7g, salt 3.24g

WINE NOTES

Start in true Scandinavian-style with chilled vodka shots to match the rollmops. Pick the ultra-smooth Sipsmith vodka, London-brewed from barley, *sipsmith.com* (from £14.25/35cl).

Then, move on to a French classic Muscadet de Sèvre et Maine sur Lie, 12% (£6.07, Asda) – suitably for the salmon, it's from Château Salmonière. With 2009, Muscadet is back on its usual crunchy, creamy, lemony form.

Finish with chilled fizz: Asti Spumante NV, Italy, 7.5% (£7.49, Marks & Spencer), is a great sweet fruity match for the dessert.

Salad of Nordic herbs & ancient grains

SERVES 8 • PREP 10 mins • COOK depends on the grains Easy V Good for you, low fat

Ancient cereals like pearl barley, quinoa or spelt make a change from rice, and are lovely in salads. The precise cooking time is hard to predict, but once cooked they will soak up a dressing well and combine beautifully with the herbs.

200g/7oz pearl barley, quinoa or whole grains of spelt
FOR THE DRESSING
1 red onion, sliced
2 garlic cloves, finely chopped
1 tsp salt
4 tbsp olive oil or rapeseed oil
juice and zest ½ lemon
2 tbsp cider vinegar
3 handfuls mixed herbs, chopped – use chervil, dill, mint, parsley, spring onions, tarragon

Soak or cook the grains following pack instructions, then drain. Mix the ingredients for the dressing together and stir into the hot grains. Cool and mix with all the herbs. *Leftovers will keep in the fridge for 1-2 days.*

PER SERVING 143 kcals, protein 3g, carbs 21g, fat 6g, sat fat 1g, fibre 4g, sugar 1g, salt 0.69g

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In the past few years, Scandinavian cooking and ingredients have become internationally recognised. The flavours are fresh and intense, but not overwhelming, and the food is just the right mix of simple and sophisticated
CAMILLA PLUM

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Leftovers are delicious for afternoon tea

Scandinavian apple cake

MAKES 2 cakes, each serves 8 • PREP 25 mins • COOK 1½ hrs

Easy

This recipe makes two 20cm cakes. They will keep for a few days in a tin and freeze well.

1.6kg/3lb 8oz apples, cookers or eaters
500g/1lb 2oz soft butter, plus extra for greasing
500g/1lb 2oz granulated sugar
6 eggs
350g/12oz plain flour
75g/2½oz rice flour or potato starch
2 tsp baking powder
2 tsp ground cinnamon or cassia
FOR THE SUGAR CRUST
140g/5oz granulated sugar or light brown sugar
7 cardamom pods, split and seeds inside ground
7 star anise, ground

1 Heat the oven to 170C/150C fan/ gas 3-4. Quarter and core the apples, but do not peel them. Butter two deep, 20cm loose-bottomed cake tins with a generous blob of soft butter. Beat the butter and sugar together, preferably in a mixer, until the sugar has dissolved – be warned this can take some time. When you're ready, mix in the eggs one at a time; make sure each one is well incorporated into the batter before proceeding to the next egg.
2 Sift the two flours and baking powder into the batter and mix thoroughly. Divide the mixture between the tins. Now arrange the apples on top, squeezing them in well so the batter should be bursting with apples. For the topping, mix together the sugar and spices, then sprinkle over the cakes.
3 Bake until golden and firm to the touch. This may vary from 1 hr-1½ hrs, depending on your oven and the apples. Test the cake with a skewer, and if it comes out clean the cake is done.

PER SERVING 544 kcals, protein 6g, carbs 70g, fat 29g, sat fat 17g, fibre 2g, sugar 49g, salt 0.62g

Cardamom ice cream

SERVES 8 • PREP 15 mins plus freezing • COOK 10 mins Easy

This is a mixture between a parfait and an ice cream, and is extremely velvety. The taste is traditionally Nordic and it goes really well with apples, cakes, berries and even pancakes.

7 green cardamom pods
1 vanilla pod
5 egg yolks
140g/5oz sugar
700ml/1¼ pints whipping cream

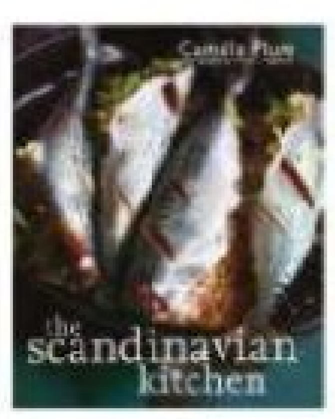
1 Bash the cardamom pods in a mortar and remove the green casings. Grind the seeds finely. Split the vanilla pod, scrape out the seeds and mix with the sugar and cardamom. Boil the emptied vanilla pod in a little water for 10 mins, then cool. Whisk the egg yolks and sugar until pale and frothy. Whip the cream then combine with the egg and sugar mixture, and add the vanilla liquid. Freeze in an ice-cream maker, if you have one. Otherwise, pour into a big container and freeze. Break the ice cream up every 30 mins until absolutely smooth, with a balloon whisk at first and then a wooden spoon.
2 Scoop the ice cream out and serve it as soon as it's finished. If not eating straight away you need to wrap it well in cling film and return it to the freezer. Remove from the freezer 20 mins before serving.

PER SERVING 453 kcals, protein 4g, carbs 22g, fat 40g, sat fat 23g, fibre none, sugar 21g, salt 0.08g

POTATO STARCH

This comes in a powder form and is used to keep cakes moist and give a soft texture. Buy it from health food shops, or online at *steenbergs.co.uk*.

Rice flour has a similar starch level and so is a good alternative. You can buy Doves Farm rice flour online at *dovesfarm.co.uk* or from all good supermarkets.



These recipes are from *The Scandinavian Kitchen* by Camilla Plum (£25, Kyle Cathie). Camilla lives and works on an organic farm north of Copenhagen, where she manages the kitchen, shop and gardens. She writes about food in various publications and appears on her own TV programme in Denmark.

You can buy *The Scandinavian Kitchen* for just £18 by calling 01326 569444, p&p is free, or you can order a copy online at *bbcgoodfood.com/sparkledirect*

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Cute Christmas cupcakes

Cooking for pleasure

❛ *These cakes are a joy to make with kids – the recipe is incredibly easy to follow and, as they include chocolate buttons, they're sure to be a hit. The recipe is essentially two projects with a break in the middle, so even younger children stay interested. My five-year-old, Maisie, loved helping me make these. We both enjoyed eating them, too!* ❜

BARNEY DESMAZERY
Food editor







• **For more irresistible cupcake recipes visit bbcgoodfood.com**

Christmas cupcakes

MAKES 12 • PREP 20 mins • COOK 25 mins Easy ❄ without icing

FOR THE CAKES
280g/10oz self-raising flour
175g/6oz golden caster
175g/6oz unsalted butter, very soft
150g pot fat-free natural yogurt
1 tsp vanilla extract
3 eggs
FOR FROSTING AND DECORATION
85g/3oz unsalted butter, softened
1 tsp vanilla extract
200g/7oz icing sugar, sifted
TO DECORATE
natural green food colouring (for Christmas trees), sweets, sprinkles and white chocolate stars
milk and white chocolate buttons and natural colouring icing pens, available at Asda

1 Heat oven to 190C/170 fan/gas 5 and line a 12-hole muffin tin with cake cases. Put all the cake ingredients into a bowl and mix with a whisk until smooth. Spoon the mix into the cases, bake for 25 mins until golden and risen and a skewer comes out clean. Cool on a wire rack.

2 For the frosting, beat the butter, vanilla extract and icing sugar until pale and creamy and completely combined. To make snowmen, reindeer and Christmas puddings, first spread the icing over the top of each cake. Then lay the chocolate buttons on top, slicing some buttons into quarters to make ears and hats. Finally, use icing pens for the details. For the Christmas tree, colour the icing with green food colouring and pipe onto the cakes using a star-shaped nozzle, decorate with sweets, sprinkles and white chocolate stars.

PER CUPCAKE 408 kcals, protein 5g, carbs 53g, fat 20g, sat fat 12g, fibre 1g, sugar 36g, salt 0.31g

Photographs LIS PARSONS | Recipe and food styling ROSIE REYNOLDS

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Have fun in the kitchen over the holidays

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Michel's dinner for two

"Food is one of life's greatest pleasures, as is cooking at home with my wife, sitting down to a meal together, and never hurrying dinner"



• Michel Roux Jr, who presents BBC Two's *MasterChef: The Professionals*, owns the two-Michelin-starred Le Gavroche restaurant in London

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Roast fillet of sea bass with parsnip purée & caramelised garlic

SERVES 2 • PREP 35 mins • COOK 1 hr
Moderately easy

1 whole sea bass, about 300g
olive oil
2 shallots, sliced
40g button mushrooms, sliced
½ tbsp white wine vinegar
200ml veal stock
½ tbsp butter
FOR THE CARAMELISED GARLIC
4 small shallots
10 garlic cloves
olive oil
FOR THE PARSNIP PUREE
2½ parsnips
60ml milk
½ tbsp butter
FOR THE PARSNIP CRISPS
½ parsnip
oil for deep-frying

1 For the crisps, peel parsnips and slice lengthways, using a mandolin to slice as thinly as possible. Deep-fry in hot oil until crisp. Drain on kitchen towels to absorb any excess fat and set aside in a dry place. *Can be made up to 1 day ahead and kept in an airtight container.*
2 For the caramelised garlic, peel the shallots and garlic. Blanch the shallots in boiling salted water for 10 mins or until tender. Cut them in half if large and drain well. Put the garlic in a small saucepan of boiling salted water, bring to the boil for 2 mins, then drain and change the water. Repeat 4 times and drain well. Heat a little olive oil in a frying pan over a medium heat, add the shallots and garlic and cook until caramelised, shaking the pan so they don't stick. *Can be made in the morning and reheated*
3 For the purée, peel the parsnips and cut them into big chunks. Cook in boiling salted water until tender. Bring the milk to the boil and set aside. Drain the parsnips well, then put in a blender with the butter and some of the boiled milk and blend until totally smooth: the purée should be the consistency of double cream, so add more milk if necessary. Season and keep warm or make ahead and reheat.
4 Scale and fillet the fish. Remove any pin bones (or ask your fishmonger to do this, but keep the bones for the sauce). Rinse under cold water and pat dry with kitchen paper. Score the skin of the fish several times with a sharp knife to help prevent it from curling during cooking. Leave the bones (but not the heads) to soak in cold water.
5 To make the sauce, heat a little olive oil in a pan and cook the shallots for about 5 mins until golden and soft. Add the mushrooms and continue to cook for 10 mins, stirring occasionally. Drain the fish bones, add to the pan and cook for 5-6 mins. Add the vinegar and let it come to the boil for 3 mins, then add the stock, season lightly and simmer for 30 mins, skimming at regular intervals. Pass through a fine sieve into a clean pan, bring back to the boil and whisk in the butter to thicken and gloss the sauce.
6 Heat a non-stick frying pan until smoking hot, add a few drops of oil, then add the fish, skin side down. Season with salt and pepper and press the fish down with a palette knife if it begins to curl up. Once the skin is well browned, turn the fillets over and cook the other side; the whole process should take no more than 5-6 mins, depending on the thickness of the fish. To serve, spoon the purée on to warmed plates, make a hollow in the centre, and fill with the caramelised garlic and shallots. Pour the sauce around the purée, place the fish on top and add a few parsnip crisps for garnish.

WINE NOTES

Celebrate with a cool French classic, Bordeaux Sauvignon Blanc from a star producer. Chateau Doisy-Daëne 2007, 12.5% (£15.55, *tanners-wines.co.uk*), is wonderfully elegant with the mildest of oak influence.

Vanilla crème brûlée

MAKES 4 • PREP 20 mins • COOK 30 mins Easy

250ml double cream
75ml full-fat milk
1 vanilla pod, scraped
4 egg yolks
3 tbsp caster sugar, plus 3-4 tbsp for the topping
1 tsp vanilla extract
FOR THE PUFF PASTRY STICKS
½ sheet of puff pastry
½ egg, beaten
finely chopped almonds
icing sugar

1 Heat oven to 140C/120C fan/gas 1. Put the cream, milk and vanilla pod into a pan and heat to boiling point. Cover and leave to infuse for 10 mins. Whisk the egg yolks and 3 tbsp of sugar together until pale and thick. Add the vanilla extract and pour the boiling cream onto the mixture. Stir well, then pour into two ramekins. Place the ramekins in a bain marie and cook in the oven for about 20 mins or until just set. Leave to cool.
2 Heat the grill. Sprinkle the cold brûlée with a thin, even layer of sugar, and caramelise under the very hot grill (or use a blowtorch). Repeat several times until you have a golden crackling topping. Leave to cool and serve within 2 hrs with warm Almond puff pastry sticks (see recipe, right).

Almond puff pastry sticks

Heat oven to 190c/170C fan/gas 5. Roll out half a sheet of puff pastry to 3mm thickness, brush with half a beaten egg and sprinkle with finely chopped almonds.

Using a long sharp knife, cut strips of pastry 12mm wide and 10cm long. Twist 5 times and place on a baking sheet.

Bake until golden and crisp, then dust with icing sugar and serve warm with the crème brûlée.

• Recipes adapted from *Cooking with the MasterChef* (£25, Weidenfeld & Nicolson). You can buy it for just £22.50 by calling 01326 569444, p&p is free, or online at *bbcgoodfood.com/sparkledirect*



Decadent dessert

Photographs LIS PARSONS | Food styling BARNEY DESMAZERY, ROSIE REYNOLDS | Styling GEORGIA LACEY

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Bake a special treat

Inspired by BBC Two's *Great British Bake Off* – and all those expert tips – **Sarah Cook** creates five fabulous crowd-pleasers
Photographs PHILIP WEBB



Chocolate fudge cake with angel frosting

Food styling VAL BARRETT | Styling JOANNA HARRIS

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The popularity of last year's Great British Bake Off *was no surprise to us – we know how many of you enjoy baking. But we loved the way each episode got the nation talking. After watching the competition and listening to the judges' advice, I decided to take the challenge myself!* SARAH COOK, Deputy cookery editor



Lemon kisses

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Chocolate fudge cake with angel frosting

SERVES 10 • PREP 1 hr • COOK 1 hr 45 mins
For the confident cook • Can be frozen un-iced

250g/9oz dark chocolate, broken into chunks – standard supermarket chocolate is fine
300g/11oz self-raising flour
300g/11oz light, soft brown sugar, plus 2 tbsp
50g/2oz cocoa
200ml/7fl oz sunflower oil, plus a little extra for greasing
284ml soured cream
3 eggs
1 tsp vanilla essence
FOR THE ANGEL FROSTING
500g/1lb 2oz white caster sugar
1 tsp vanilla extract
1 tbsp liquid glucose
2 egg whites
25g/1oz icing sugar, sifted

1 Heat oven to 160C/fan 140C/gas 4 and grease and line a deep, 20cm round cake tin. Whizz the chocolate in a food processor until crumbs. Tip the flour, sugar, cocoa, oil, 150ml soured cream, eggs, vanilla and 150ml water into the largest mixing bowl you have. Whisk with an electric whisk until smooth, then quickly stir in 150g of your whizzed-up chocolate bits. Scrape into a tin, and bake on the middle shelf for 1 hr 20-1 hr 30 mins, or until a skewer inserted in the centre comes out clean. Cool in the tin.
2 While the cake is baking, make the icing. Combine remaining chocolate bits and soured cream with 2 tbsp soft brown sugar in a small saucepan and heat, stirring, until the chocolate is melted and you have a smooth icing. Leave to cool.
3 When the cake is cool, slice it into 3 even layers. Spread 2 layers with chocolate icing.
4 To make the angel frosting, put the sugar, vanilla and liquid glucose in a pan with 125ml water. Bring to the boil and cook just until the sugar has melted and the syrup turns clear. Take off the heat. Meanwhile, beat the egg whites until stiff, then continue beating, gradually pouring in the hot sugar syrup in a steady stream, until the mixture is fluffy and thick enough to spread – this might take a few mins as the mixture cools. Beat in the icing sugar. Work quickly and spread a tiny bit over each chocolate-covered layer. Assemble cake and swirl remaining frosting over entire cake.

PER SERVING 849 kcals, protein 7g, carbs 132g, fat 35g, sat fat 11g, fibre 2g, sugar 107g, salt 0.47g

Lemon kisses

MAKES about 20 • PREP 30 mins • COOK 8-12 mins • Easy • Biscuits can be frozen unfilled and un-iced.

200g/7oz soft butter
140g/5oz caster sugar
1 egg yolk
1 tsp vanilla extract
zest 2 lemons, juice 1
280g/10oz plain flour, plus a little extra for rolling
½ jar good lemon curd (we used Tiptree)
140g/5oz icing sugar, sifted

1 Stir together the butter, sugar, egg yolk, vanilla and zest from 1 lemon using a wooden spoon. Stir in the flour – you might need to get your hands in at the end. Tip onto a floured surface, bring together into a smooth dough, then roll out, half at a time, and stamp out 5-6cm rounds. Keep re-rolling trimmings, you should get about 40 biscuits. Arrange on trays lined with baking parchment, cover with cling film and chill for 30 mins.
2 Heat oven to 200C/180C fan/gas 6. Bake the biscuits for 8-12 mins until pale golden, then cool. Once cool, spread half the biscuits with a little lemon curd and top with a second biscuit. Arrange the biscuits on wire racks over trays. Mix enough lemon juice into the icing sugar to give a runny consistency, then drizzle over the biscuits. Scatter over a bit more lemon zest and leave to set.

PER SERVING 202 kcals, protein 1g, carbs 31g, fat 8g, sat fat 5g, fibre 1g, sugar 18g, salt 0.14g

Coconut, raspberry & lime meringue slice

SERVES 8 • PREP 45 mins plus cooling • COOK 1 hr • Moderately easy • Meringue can be frozen unfilled

5 egg whites
280g/10oz caster sugar
2 tsp cornflour
2 tsp white wine vinegar
85g/3oz desiccated coconut
little flaked coconut
300ml double cream
50g/2oz icing sugar
zest and juice 2 limes
200g/7oz raspberries, defrosted if frozen

1 Heat oven to 140C/120C fan/gas 1. Line baking sheets with baking parchment and draw 3 rectangles, roughly 25cm x 12cm. Whisk whites to stiff. Gradually whisk in sugar to stiff again, then whisk in the cornflour and vinegar. Fold in the desiccated coconut and pipe, or spread, the meringue mix into 3 even rectangles. Scatter flaked coconut over one of the meringues and bake for 1 hr, then turn off oven and leave in there with the door shut for 1 hr. Leave to cool.
2 Whisk cream, icing sugar and lime zest and juice to a thick consistency. Spread half over one meringue base (not the one with flaked coconut on top – save that for the top), and scatter over half the raspberries. Sit second meringue base on top, spread with remaining cream and scatter with remaining raspberries. Top with coconut-covered meringue and serve.

PER SERVING 434 kcals, protein 3g, carbs 46g, fat 27g, sat fat 17g, fibre 2g, sugar 45g, salt 0.15g

A winning chocolate celebration cake

- The judges were looking for originality and perfect execution. So I've come up with a fudgey cake recipe that bakes successfully in just one tin, and paired it with chocolate icing for flavour, plus an American-style frosting for wow factor.
- This also sets to a marshmallow consistency, so if you leave the cake for an hour before slicing, the wedges will cut neatly and it won't fall apart like a lot of layered cakes.

Baking melt-in-the-mouth biscuits

- This dough comes together without too much work, so there's no danger your biscuits will be tough.
- I've creamed the butter and sugar together first, so it'll be evenly distributed in the dough to help the biscuits colour and cook evenly in the oven.
- Chilling before baking helps the biscuits to keep their shape.

Making foolproof filled meringues

- Individual filled meringues can be quite fiddly. The first can begin to go soggy before you've filled the last one. Making one big dessert meringue is a better solution.
- This slice has the crisp, sweet chew and creamy centre that you expect from a filled meringue, but the elements can be prepared in advance and then assembled in only a minute.

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Robert Dyas

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Malt chocolate cheesecake

SERVES 10 ● PREP 45 mins plus 5 hrs chilling ● COOK 10 mins

Easy

200g/7oz malted milk biscuits, crushed to crumbs
100g/4oz salted butter, melted
5 tbsp caster sugar
2 x 300g tubs full-fat soft cheese (we used Philadelphia; if you use soft or cream cheese from a deli counter the cheesecake might not set)
300ml pot double cream
300g/11oz white chocolate, melted
200g bar milk chocolate, melted
2 tbsp malt or Horlicks powder
37g bag white Maltesers

1 Line base and sides of a deep, 22-23cm loose-bottomed round tin with baking parchment. Mix the biscuits, melted butter and 2 tbsp of the sugar, then press into base. Chill while you make the filling.
2 Divide cream cheese and cream evenly between 2 bowls. Add the white chocolate to one, and the milk chocolate, malt and remaining 3 tbsp sugar to the other. Beat each with an electric whisk until smooth.
3 Spread the milk chocolate mixture evenly in the tin. Wipe round the edge to give a smooth edge. Spoon the white chocolate mix over the top and gently smooth. Decorate with Maltesers and chill for at least 5 hrs until firm.

PER SERVING 782 kcals, protein 9g, carbs 53g, fat 60g, sat fat 33g, fibre 1g, sugar 46g, salt 1.01g

Making a perfect pudding

Paul Hollywood, one of the *Great British Bake Off* judges, said: 'A good pudding should have moisture, texture and taste.'

I'd also say a foolproof pudding should be stress-free and a crowd-pleaser… which is why I think a make-ahead cheesecake should please the judges.

TASTE TEAM COMMENT

'This looked and tasted like an ice-cream cake. I actually used it as my son's eighth birthday cake. Great for chocolate lovers.'
ANNA MARIA



Choc-tastic cheesecake

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Top tips for light-as-air soufflés

Paul Hollywood said: 'There's no second chances when it comes to soufflés. However, I think I've come up with one! This recipe makes five, so if you're catering for four you've factored in an essential tester, too. • Fold the mixture carefully but thoroughly, so you don't get any eggy bits, and don't forget to scrape the tops before you pop them in the oven – this is really important for the rise. • I always have a tray, the sauce and spoons at the ready too, so I can lift them straight from the oven to the tray and carry them all to the table in one go.

Caramel soufflés with caramel sauce

MAKES 5 – serves 4, if you like • PREP 30 mins plus cooling • COOK 25-30 mins Moderately easy

100g/4oz unsalted butter, plus extra for greasing
200g/7oz light, soft brown sugar, plus 4 tbsp extra
200ml/7fl oz whipping cream
1 tsp vanilla extract
2 egg yolks
1 tbsp plain flour
3 egg whites

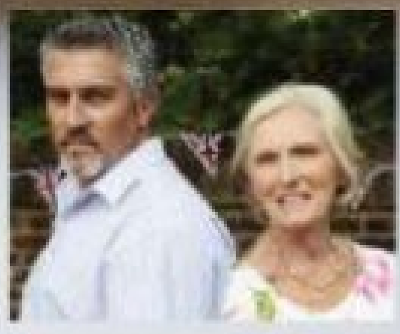
1 Heat oven to 200C/180C fan/gas 6. Butter 5 x 150ml individual soufflé dishes or ramekins and sprinkle all over with 2 tbsp soft brown sugar. Place on a baking sheet. Melt the butter in a saucepan, then add sugar, cream, vanilla and a good pinch salt. When sugar is melted, bubble for 1 min until it looks like a sauce. Pour 200ml into a jug for serving.

2 Stir egg yolks and flour into remaining caramel in the saucepan. Whisk constantly over medium heat until mixture thickens, about 3 mins. Sieve into a bowl and cool for 15 mins. Beat egg whites in large bowl until foamy, then gradually beat in remaining 2 tbsp sugar until whites are stiff but not dry. Fold one-third of whites into caramel mixture in the pan, then fold that back into the whites. Divide among dishes, and use a palette knife to scrape top level. Bake until soufflés are puffed and golden – about 11 mins. The soufflés should still be a little unset in the middle, but not runny, so if you're serving four, break into your tester to check. Return the rest to oven for 2 mins if underdone. Serve immediately with caramel sauce, warmed a little while soufflés are baking.

PER SERVING 545 kcals, protein 4g, carbs 6g, fat 35g, sat fat 21g, fibre 1g, sugar 54g, salt 0.49g



Saucy soufflés



Paul Hollywood and Mary Berry will return for another series of the BBC's *Great British Bake Off* later this year

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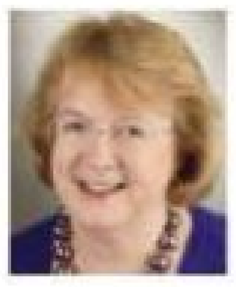


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Bubbly for every budget



Sarah Jane Evans recommends the best fizz for any festive occasion

UNDER £10



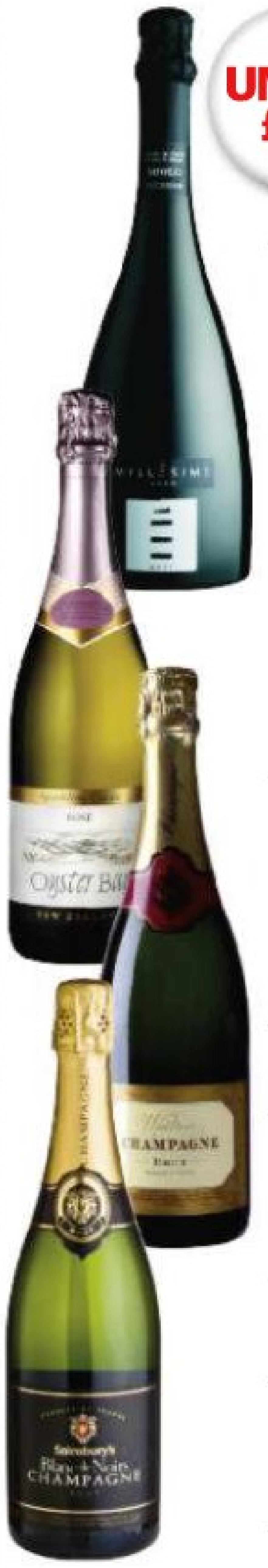
Finest Bisol Prosecco di Valdobbiadene NV, Italy, 11.5% (£9.99, Tesco).
Bisol is one of the top Prosecco names, and this is a reliably tasty option from among the stacks of Italian fizz on the shelves. Creamy, clean and crisp, with a fine froth and a note of pears.

Taste the Difference Vintage Cava Brut 2008, Spain, 11.5% (£6.99, Sainsbury's).
Great value, especially for a vintage cava. Tongue-tingling, with a refreshing spritziness and a dry finish, from dependable producer Codorníu.

Extra Special Prosecco NV, Italy, 11% (£7.28, Asda).
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Millione Frizzante Rosé NV, Italy, 11.5% (£7.99, Asda, Direct Wines, Morrisons, Tesco, Sainsbury's, Waitrose).
A sparkling with heart: £1 from every bottle sold goes to build primary schools in Sierra Leone. A light, fruity fizz (*frizzante* means it is a tad less bubbly than Prosecco) with a note of sweetness, it's a Chardonnay that gets its blushing rosiness from a dash of Merlot. For more information, visit *oneinamillione.com*.

UNDER £20



Miolo Millesime 2006, Serra Gaúcha, Vale dos Vinhedos, Brazil, 12.5% (from £14.99, Handford Wines, Planet of the Grapes).
A classic Pinot Noir/Chardonnay pairing, with the unusual origin of Brazil. The handsome dark bottle reveals a fine appley fizz, with a bright, almost sherbet-like freshness.

Oyster Bay Sparkling Cuvée Rosé NV, Hawkes Bay, New Zealand, 12% (£12.99 – down to £9.74 until 1 April 2011 – Waitrose).
Oyster Bay Sauvignon Blanc is already a regular at weddings, so it's a smart move to add this to the range. It's the palest of rosés, with a brisk lemon crunch. Buy now while the offer is on.

Blanc de Noirs Champagne NV, France, 12% (£16.99 or £9.99/37.5cl, Sainsbury's).
This classy white is made from only red Pinot grapes, giving a rich, rounded, food-friendly style. The half bottle is a charming present, especially as it is closed with a proper Champagne cork.

Waitrose Brut NV Champagne, France, 12% (£19.99 or £39.99/1.5 litre magnum).
A regular medal-winner, this classic Champagne has added richness coming from the 85% of Pinot Noir and Meunier grapes in the blend. The magnum makes a fine gift.

SPLASH OUT



Taittinger Brut Réserve NV, France, 12% (£33.82 Asda; on offer at £23.99 until 31 Jan 2011 at Majestic).
Ideal for drinkers who love their bubbly with a citrus and green apple elegance. A good example of a famous name being worth the money (especially if you stock up at Majestic).

Orpale Champagne Grand Cru 1998, France, 12% (£55, Marks & Spencer).
Is the price justified? Well, the grapes comes from the best (Grand Cru) vineyards; the wine is no less than 12 years old, having spent getting on for a decade developing to a gentle maturity in a quiet cellar; and it has a vivid, light freshness. Look on it as around £4.50 per year of ageing.

POSH PORTS

Quinta do Noval Unfiltered LBV 2004, Portugal, 19.5% (from £17.99, Oddbins, Ocado); **20 Year Old Tawny, Portugal,** 20% (£32, Marks & Spencer).
Christmas needs Port with its warming boom of alcohol. Noval's silky, spicy, black-fruited number is a cut above, superb with a mature hard cheese.

The Tawny, with notes of roasted apricots and oranges, from the maker of Taylor's and Fonseca Ports, is lovely served cool, with nuts or chocolate.



SEASONAL SPIRITS

Tanqueray Rangpur Gin, 41.3% (from £21.99, *thewhiskyexchange.com*, Waitrose).
Tanqueray 10 is loved by gin drinkers for its clean intensity. This new, lighter version is flavoured with Rangpur limes, an exotic cross between a mandarin orange and a lemon.

Gosling's Black Seal Rum, 40% (from £18.99, *winerack.co.uk*, *the drinkshop.com*, Harvey Nichols).
This mocha and spice Bermuda rum is delightful sipped straight up with a box of dark chocolate almonds or sea salt caramels. Or convert it into a Dark 'n' Stormy with plenty of ice, ginger beer and a wedge of lime.



Photographs ADRIAN TAYLOR | Sarah Jane Evans is a Master of Wine

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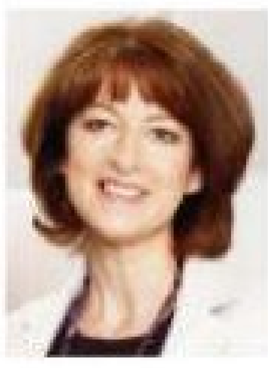
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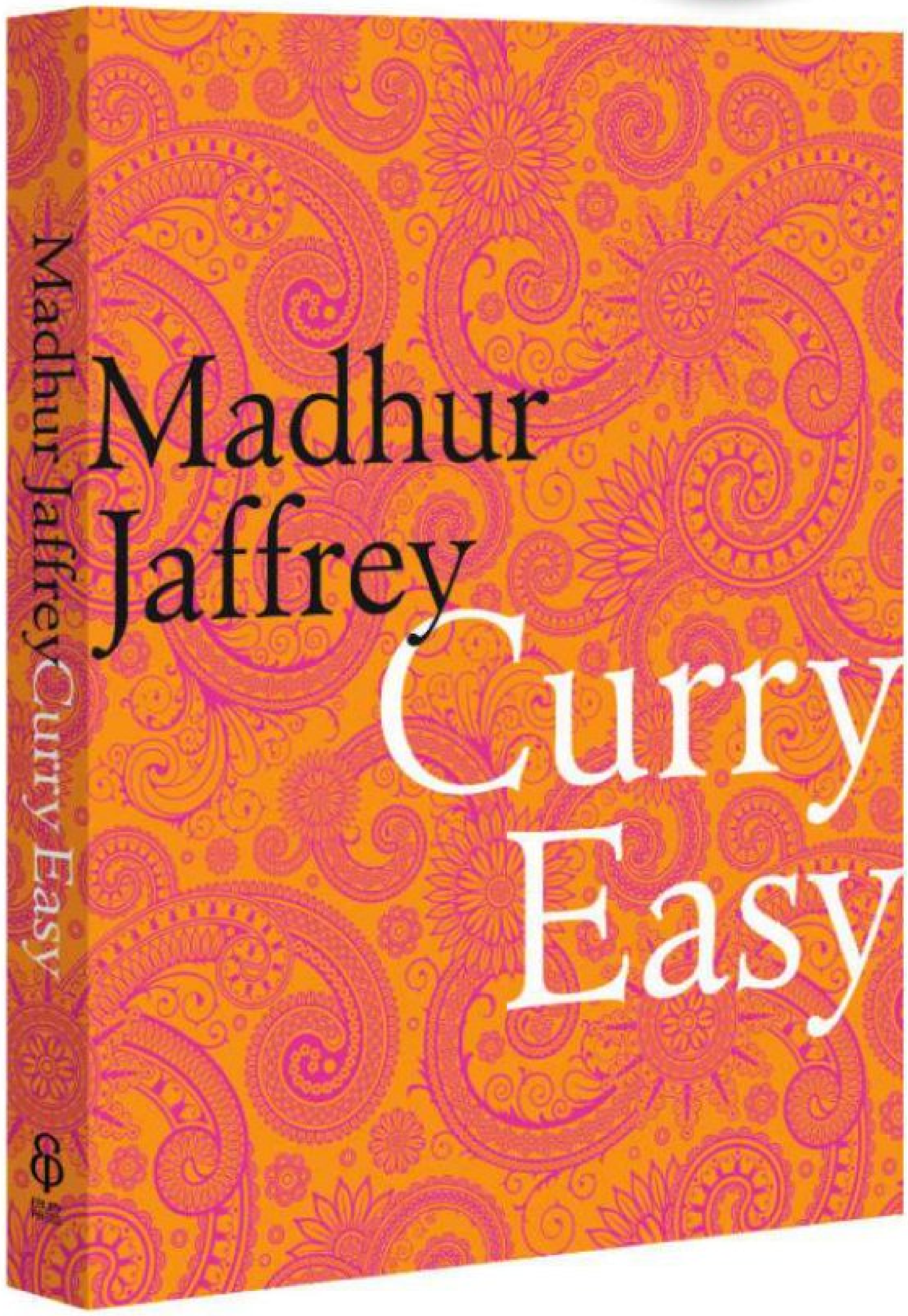
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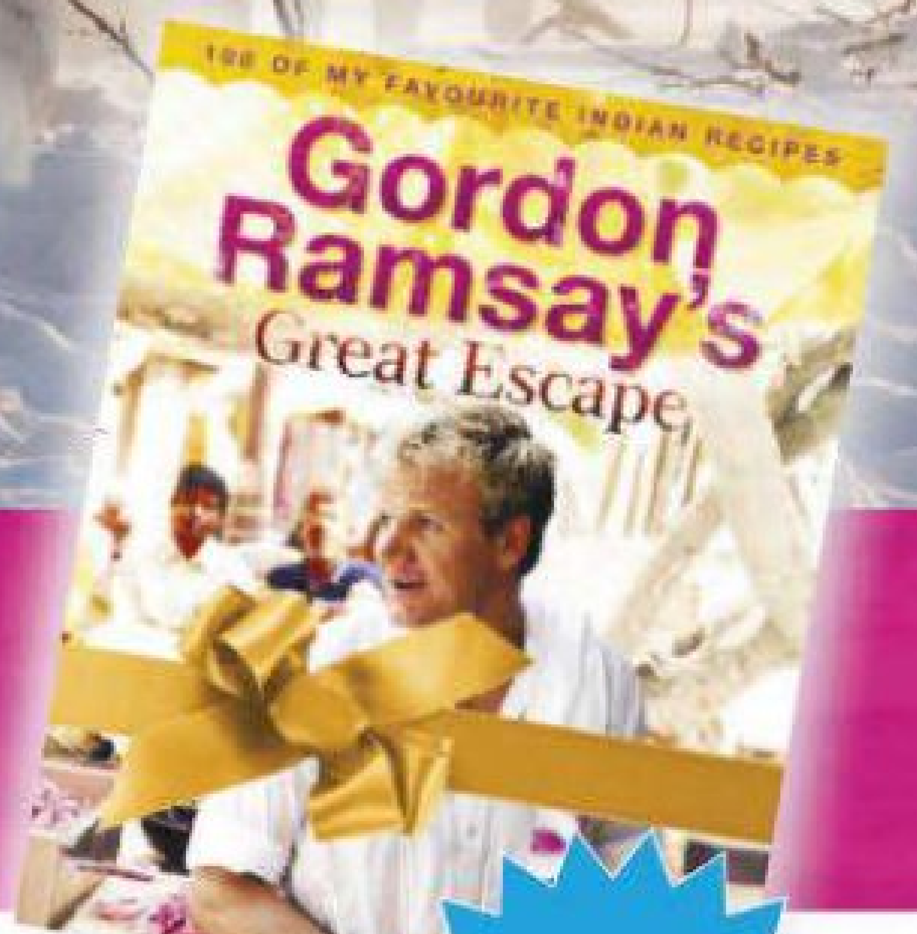
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TV news. & recipes

Rick Stein's Cornish Christmas

Christmas celebrations get going in the West Country as Rick joins in traditional wassailing, where locals bless apple trees with much banging of drums and drinking of cider.

He also explores the origins of stargazy pie, roasts a goose or two, samples Cornish perry and cooks a seafood feast of locally caught lobster and hake. Turn to p115 for a flavour of this special BBC Two programme.

Behind the scenes

BBC One's adaptation of Nigel Slater's autobiography, *Toast*, gave food stylist Katharine Tidy the chance to crack open the food colouring and pile on the meringues to recreate Nigel's childhood food memories.

Biggest challenge?

The lemon meringue pie – such an enormous pie, so tall and in such a deep dish.

I must have made more than 30 pies, because they feature in so many scenes; plus I needed to show Helena Bonham Carter, who plays Nigel's stepmother, and Freddie Highmore, who plays the teenage Nigel (pictured below), how to make them.

How do you make such an impressive meringue?

The trick is to add a bit of gelatine, but they were still edible. They had to be! The crew descended on each pie the moment we'd finished filming a scene.

Where did you cook?

The studio was in the converted offices of what was originally a bank, so not designed for cooking at all.

The crew set up a little kitchen in the corner where there was a sink to wash coffee cups. It was very basic. When we were shooting at the country cottage where Nigel lived with his father and stepmother, they had to get me a mobile kitchen because the one in the cottage was so tiny. I cooked in a field behind the cottage surrounded by cows.

What did you enjoy the most?

The kitschness of it all. It was a lovely period for food, with bizarre decorations and lashings of food colouring in everything – all for no discernible reason. I even got to make green mash potato! Very Fanny Cradock.

• *Toast* is on over Christmas on BBC One





Make the world your oyster

British shellfish is at its best now, but many of us shy away from cooking it at home. **Clare Hargreaves** finds many reasons to love this national treasure



For me, a langoustine that's dripping with garlic, butter and parsley is one of life's greatest joys. The same goes for a plate of steaming mussels.

It's a shame, then, that most Brits never get to taste these treats – except perhaps as scampi (langoustine tails) dunked in tartare sauce, or imported peeled prawns thrown into curries. Amazingly, nearly three-quarters of British shellfish are shipped to the Continent without touching UK shores. The French and Spanish go wild about it, and no Christmas Eve dinner in France or Spain would be complete without lots of shellfish.

Why are we so indifferent to goodies from our native seas? The answer is complex. Some of us are squeamish about dealing with a food that's often live, or put off by the preparation. And we know about (or have experienced) the results of eating one dodgy mussel on holiday.

For years it was also believed that seafood, particularly prawns, raised our cholesterol, and doctors advised patients with high blood cholesterol to avoid it.

New research, however, suggests it is time for a rethink. A recent study at the University of Surrey showed that people who ate 225g prawns a day showed absolutely no change in blood cholesterol levels.

'Healthcare professionals need to get up to speed on this,' says Dr Tom Pickerell, Director of the Shellfish Association of Great Britain. 'Many are still giving out-of-date advice to patients with high blood cholesterol. Dietary cholesterol actually has little effect on blood cholesterol.'

Other myths may be outdated, too. Food poisoning from UK shellfish is now rare, thanks to strict controls on the waters where they are fished. Instead, Dr Pickerell points to its many nutritional benefits. Recent research shows that shellfish such as crab, oysters and mussels are high in omega-3 fatty acids, so the Shellfish Association would like to see shellfish as well as oily fish recommended as prime sources of omega-3.

Shellfish is also a good dietary source of protein, containing almost as much as meat but without the same levels of saturated fat. Many contain beneficial minerals like copper, iodine, zinc and potassium, too.

Finally, another selling point is that much British shellfish is sustainably farmed, or responsibly harvested from healthy stocks. Check the Marine Conversation Society's list of safe fish to eat at *fishonline.org/advice/eat*. I for one will be including plenty of shellfish on my festive menus – it's too delicious not to. Will you be joining me?

• Clare Hargreaves is Food editor of BBC *Countryfile Magazine*. Watch *Countryfile* on BBC One on Sunday evenings

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Rick Stein's Cornish Christmas

Rick cooks a Cornish seafood feast for friends, starting with this delicious lobster dish in a festive special on BBC Two

Lobster pithivier

SERVES 8 ● PREP 2 hrs 30 mins ● COOK 40 mins ● For the confident cook

The shellfish reduction and mousseline may be prepared a day ahead to make assembly less daunting on the day.

FOR THE SHELLFISH REDUCTION

1 cooked lobster, about 600g
18 raw tiger prawns, whole
15g unsalted butter
50g onion, peeled and chopped
50g carrot, peeled and chopped
50g celery, chopped
175g unshelled North Atlantic prawns, roughly chopped
1 tbsp Cognac
2 tbsp white wine
1 tsp chopped fresh tarragon
generous pinch saffron threads
1 medium-sized tomato, peeled and chopped
1.2 litres/2pt fish or chicken stock
pinch cayenne pepper

FOR THE MOUSSELINE

350g skinned white fish fillet, such as cod, pollack, whiting or flounder, cut in small pieces
½ tsp salt
2 small shallots, chopped
2 eggs
½ quantity shellfish reduction (see left)
250ml double cream

FOR THE PITHIVIER

500g puff pastry
plain flour for dusting
1 egg, beaten with a pinch of salt

FOR THE SAUCE

½ quantity shellfish reduction (see left)
150ml double cream
75g unsalted butter, cut into cubes
2 tsp lemon juice
1 tsp shredded basil leaves

1 For the shellfish reduction, remove the meat from the lobster and reserve it to use later. Keep all the shell and trimmings. Peel the tiger prawns and reserve them to use later, too. Add the heads and shells to the lobster shell.

2 Melt the butter in a large saucepan. Cook the onion, carrots and celery for 3-4 mins over medium-high heat. Add all the reserved shells, chopped prawns and Cognac and cook for a further 3-4 mins, or until the shells smell fragrant. Add the remaining ingredients, bring to a simmer, then continue to simmer for 40 mins.

3 Strain through a fine sieve pressing as many juices from the shells as possible. Return to the pan and boil to reduce to 100ml. Pass through a fine sieve once more and leave to cool.

4 For the mousseline, put the white fish pieces in a food processor with the salt, shallots, eggs and half the shellfish reduction. Process until smooth, then with the motor still running, add the cream in a steady stream until the mixture comes together to form a mousse-like texture. Chill for at least 1 hr or up to 24 hrs.

5 For the pithivier, heat oven to 220C/200C fan/gas 7. Butter a sturdy baking sheet. Roll out the pastry, so it's quite thin, on a lightly floured surface and cut out a 30cm round. Fold and re-roll the trimmings, then cut a 28cm round. Place this on a baking sheet.

6 Mix the reserved lobster and prawns into the mousseline and spread over the smaller pastry round to within 4cm of the edge. Brush lightly with water and set the larger pastry round over the top. Seal the edges well, then crimp decoratively. Make a hole in the centre then use a small sharp knife to make radiating curves from the centre to the edge without cutting through the pastry.

7 Brush with beaten egg and bake for 35-40 mins, or until crisp and golden. Leave for 15 mins to rest on the baking tray before cutting.

8 Whilst the pithivier is baking, make the sauce. Warm the remaining shellfish reduction with the cream for 5 mins then remove from the heat. Whisk in the butter, then flavour with lemon juice and basil. Taste and season as necessary. Serve with the pithivier.

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Saturday Kitchen

James Martin will be cooking with two of his favourite guest chefs, Bryn Williams and Michel Roux Snr, for a special programme on BBC One on Christmas morning



BRYN WILLIAMS

Braised chicken wings with seared scallops & hazelnuts

SERVES 4 • PREP 30 mins plus chilling • COOK 50 mins

For the confident cook

If you are looking for a starter with wow flavour factor, then this would fit the bill. It needs a bit of attention, but the stages are fairly easy. Alternatively, it would make a rather splendid light lunch.

FOR THE CHICKEN WINGS
8 chicken wings, tips removed
50g butter
1 small onion, peeled and diced
1 medium carrot, peeled and diced
1 celery stick, diced
1 sprig thyme
100ml white wine
500ml chicken stock
FOR THE SCALLOPS
2 tsp olive oil
8 medium scallops (out of shell and muscle removed)
squeeze of lemon juice
TO SERVE
50g hazelnuts, toasted and finely chopped
½ tsp thyme leaves

1 Season the chicken wings with salt and black pepper. Heat a heavy-based frying pan until hot, add the butter and the chicken wings and fry for 3-4 mins or until golden brown. Remove from the pan and keep to one side.
2 Add the onion, carrot and celery to the pan and cook for 5 mins or until soft and golden, then add the thyme. Stir in the wine, bring to the boil then reduce by half. Return the chicken to the pan and pour over the stock. Bring to the boil, then reduce heat and simmer for 30 mins or until meat is tender. Remove from the heat and allow to cool.
3 When the wings have completely cooled, take out of the pan and carefully remove the wing bones, twisting from the meat to leave it intact. Place in the fridge to firm up. Keep the vegetables in the stock.
4 Remove chicken wings from the fridge. Heat a frying pan until searing hot, add the olive oil and scallops and cook for 1 min. Turn them over and cook for 30 secs – take care not to overcook. Remove from the frying pan, season with salt and a squeeze of lemon juice. Add the chicken wings to the pan and fry for 2-3 mins or until crispy.
5 Meanwhile, thoroughly reheat the chicken stock and vegetables. Add hazelnuts and thyme leaves. Divide the chicken wings and scallops between warmed bowls and spoon over the stock, hazelnuts and vegetables.

JAMES MARTIN

Saddle of hogget with dauphinoise potatoes & mint sauce

SERVES 4-6 • PREP 50 mins • COOK At the same time 1 hr 30 mins, or if separately 2 hrs 45 mins

For the confident cook

This makes a wonderful alternative main course for a small group at Christmas time. The green of the mint and redcurrants provide the perfect festive colours.

FOR THE DAUPHINOISE POTATOES
900g King Edward potatoes, thinly sliced
50g butter, plus extra for greasing
freshly grated nutmeg
300ml double cream
300ml whole milk
FOR THE HOGGET
1.5kg saddle of hogget, boned
few sprigs redcurrant and rosemary
1 tbsp olive oil
1 onion, roughly chopped
FOR THE PARSNIPS
6 parsnips, peeled and cut into chunks
2 tbsp olive oil
FOR THE MINT SAUCE
1 bunch fresh mint, leaves only
1 level tbsp caster sugar
4 tbsp boiling water
4 tbsp white wine vinegar

1 Heat the oven to 160C/140C fan/gas 3. Rinse the potatoes in a bowl of cold water to remove any excess starch. Drain and pat dry. Thoroughly grease a 2 litre ovenproof dish with butter, then layer the potatoes inside. Season with salt, pepper and nutmeg between layers as you go.
2 Stir the cream and milk in a jug. Season with salt, black pepper and nutmeg once more, then pour over the potatoes. Dot with the butter, then cover tightly with foil. Bake in the oven for 1 hr or until the potatoes are tender. Remove the foil and return to the oven for a further 30 mins or until golden brown. Leave to rest in a warm place.
3 Increase oven temperature to 200C/180C fan/gas 6. Season the hogget with salt and black pepper, stuff with the redcurrants and rosemary and tie to seal. Heat a frying pan until hot and add the olive oil and hogget. Fry on all sides until browned. Place the onion into a roasting tray and sit the hogget on top. Cook in oven for about 1 hr 15 mins (or, if your joint doesn't weigh 1.5kg, calculate 30 mins per kilo, plus 30 mins). Remove from the oven and allow to rest for 15 mins before carving.
4 While the meat cooks, toss the parsnips with the olive oil, salt and black pepper and place in a roasting tray. Cook on shelf above the hogget for 30-40 mins, or until tender and golden.
5 For the mint sauce, sprinkle the mint leaves with a good pinch of coarse sea salt and chop finely. Place in a jug, add the sugar and pour over the boiling water. Stir and leave to cool. Stir in the vinegar and taste – add more salt, sugar, water or vinegar to taste.

GOOD FOOD TIP

If you have two ovens, the potatoes and hogget can be cooked simultaneously. Otherwise, we suggest you get the potatoes done and let them rest in a warm place while the meat cooks. The potatoes can be given a blast in a hot oven or microwave as you carve.

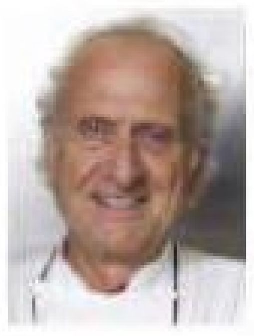
***Saturday Kitchen at Home* (£20, BBC Books) – a collection of recipes from the show – is now on sale**

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Something for the Weekend

Try Simon Rimmer's festive vegetarian alternative to turkey. Simon cooks with Tim Lovejoy, Louise Redknapp and guests on BBC Two, Sundays at 10am



MICHEL ROUX SNR

Crêpes with orange butter sauce

SERVES 4 • PREP 35 mins plus resting • COOK 30 mins

Moderately easy

FOR THE CREPES
125g plain flour
15g caster sugar
2 medium free-range eggs
325ml milk
50ml double cream
few drops of orange flower water
20g clarified butter
FOR THE ORANGE BUTTER SAUCE
10 oranges, 6 juiced, 4 segmented
100g icing sugar
125g butter, softened
mint sprigs, to decorate

1 For the crêpes, put the flour, sugar and a pinch of salt into a bowl. Make a well, add the eggs, and mix in a third of the milk to form a batter. Gradually stir in the rest of the milk and the cream. Leave to rest in a warm place for about 1 hr. Just before cooking, stir in the orange flower water.
2 Brush an 18-20cm crêpe pan with clarified butter and heat. Ladle in a little batter and tilt the pan to cover the base, cook the crêpe for 1 min each side. Transfer to a plate and cook the rest of the batter, stacking the crêpes interleaved with greaseproof paper. You should make about 12.
3 For the sauce, strain the orange juice through a sieve into a pan and sprinkle in the icing sugar. Stir, then slowly bring to the boil and reduce by half. Turn off the heat and whisk in the butter to form a smooth sauce.
4 To serve, divide the orange segments between the crêpes and fold into a fan-shape. Arrange on a warmed serving plate and spoon over the orange sauce. Decorate with a sprig of mint.

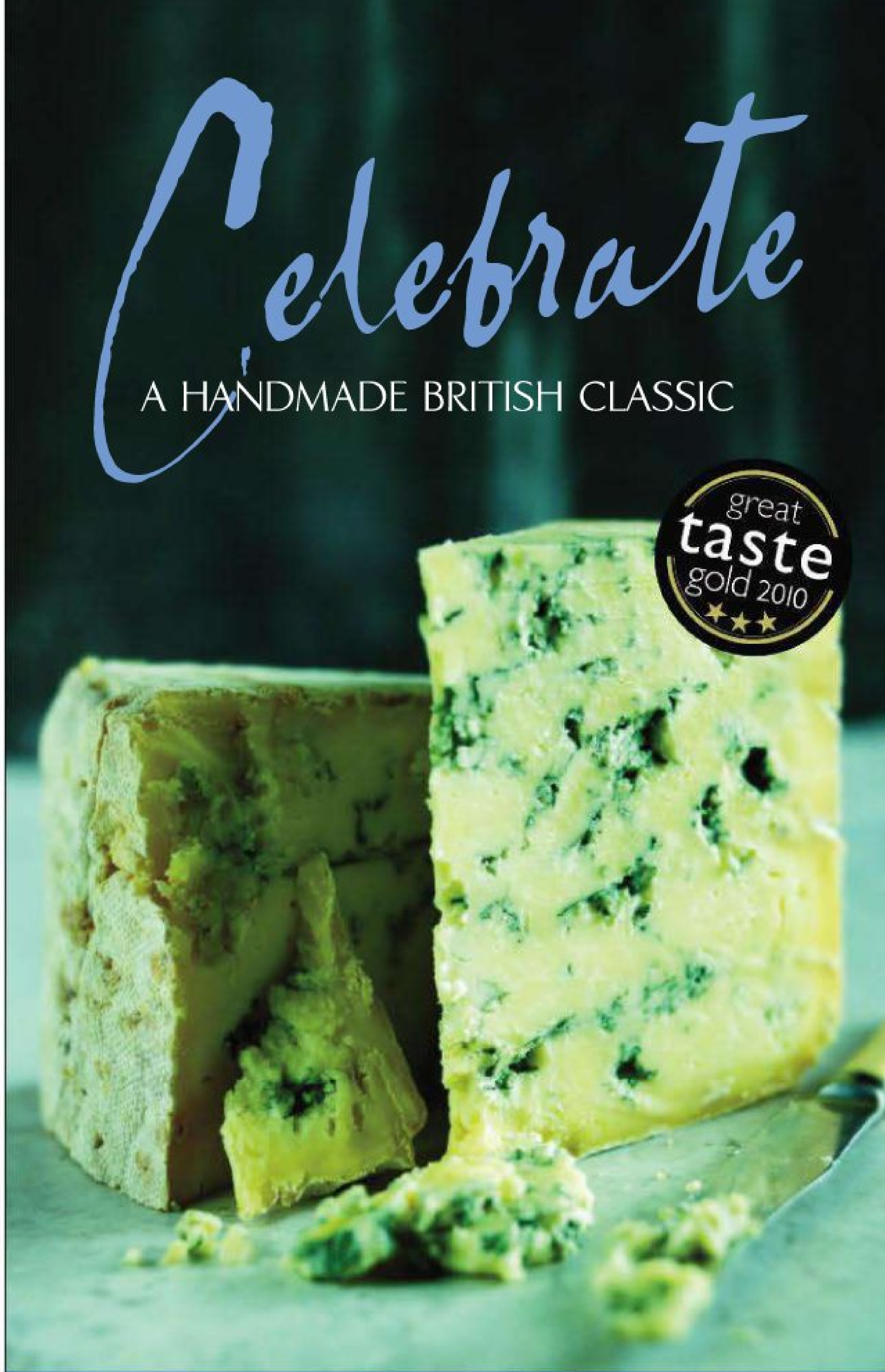
Christmas veggie Wellington

SERVES 6 • PREP 40 mins plus chilling • COOK 45 mins

Moderately easy V

60g basmati rice
pinch turmeric
finely grated zest of 1 lemon
50g butter, melted
1 onion, peeled and chopped
600g brown cap mushrooms, sliced
1 tbsp chopped fresh parsley
1 tbsp chopped fresh tarragon
1 tbsp dried cranberries
2 free-range eggs, hard-boiled, chopped
FOR THE PASTRY
250g ready-rolled puff pastry
1 free-range egg, beaten
1 tsp sesame seeds

1 Cook the rice, turmeric and lemon zest in a pan with boiling water for 8-10 mins, until tender. Drain well.
2 Heat the butter in a frying pan over a medium heat, add the onions and mushrooms and fry for 3-4 mins, or until softened. Stir in the cooked rice, herbs, cranberries and hard-boiled eggs until combined. Season to taste with salt and freshly ground black pepper.
3 For the pastry, cut a 30cm x 20cm rectangle from the puff pastry. Dampen edges with beaten egg. Spoon the rice mixture down the centre of the pastry then bring the sides together to form a parcel and press firmly to seal. Brush with beaten egg and chill for 30 mins.
4 Heat oven to 200C/180C fan/ gas 6. Sprinkle the pastry parcel with sesame seeds and bake in the oven for 30 mins, or until crisp and golden-brown. Slice it into six portions and serve with vegetarian gravy.

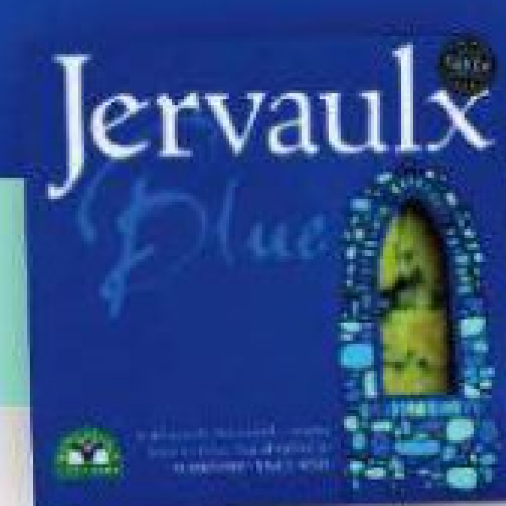


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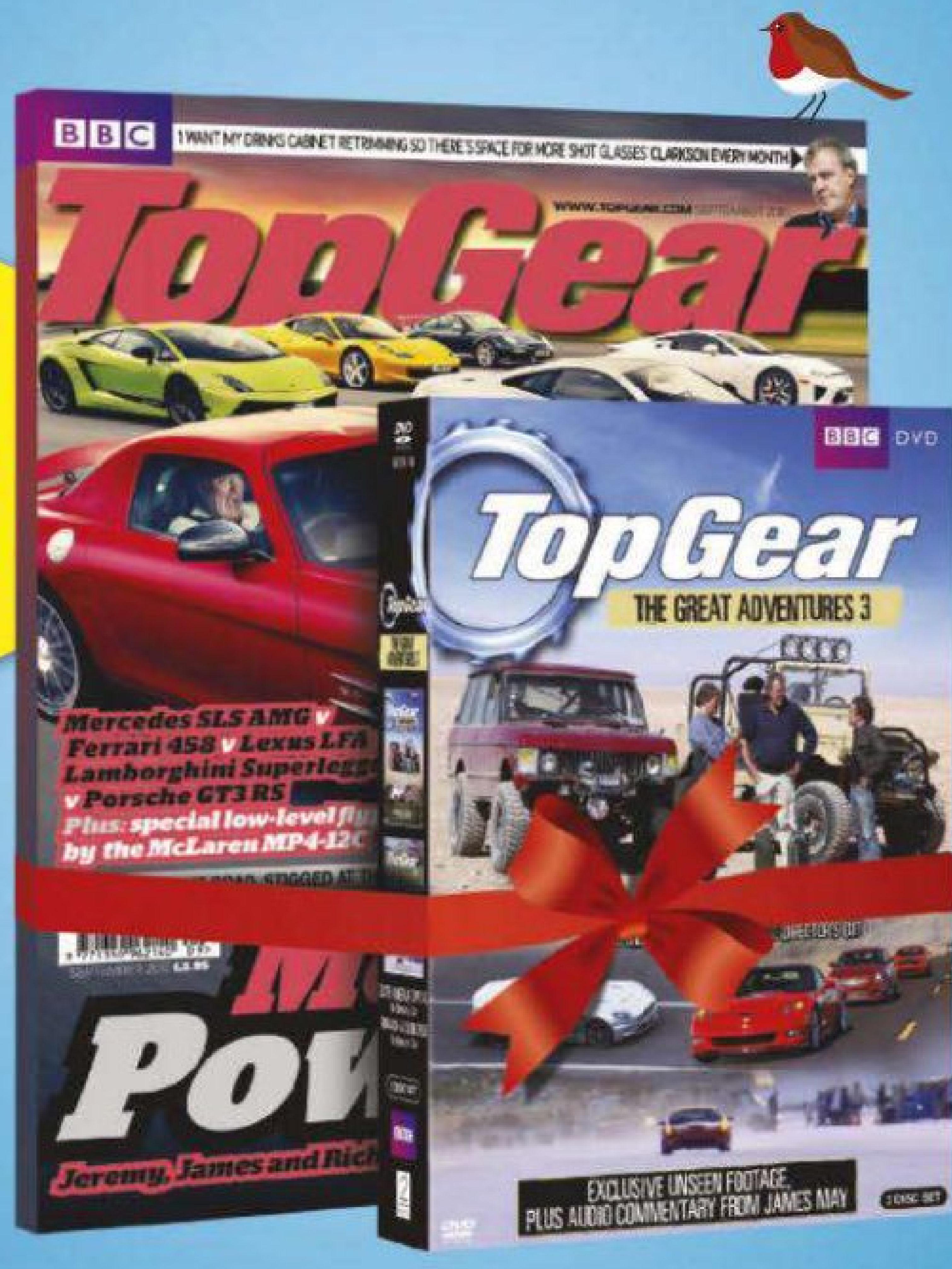
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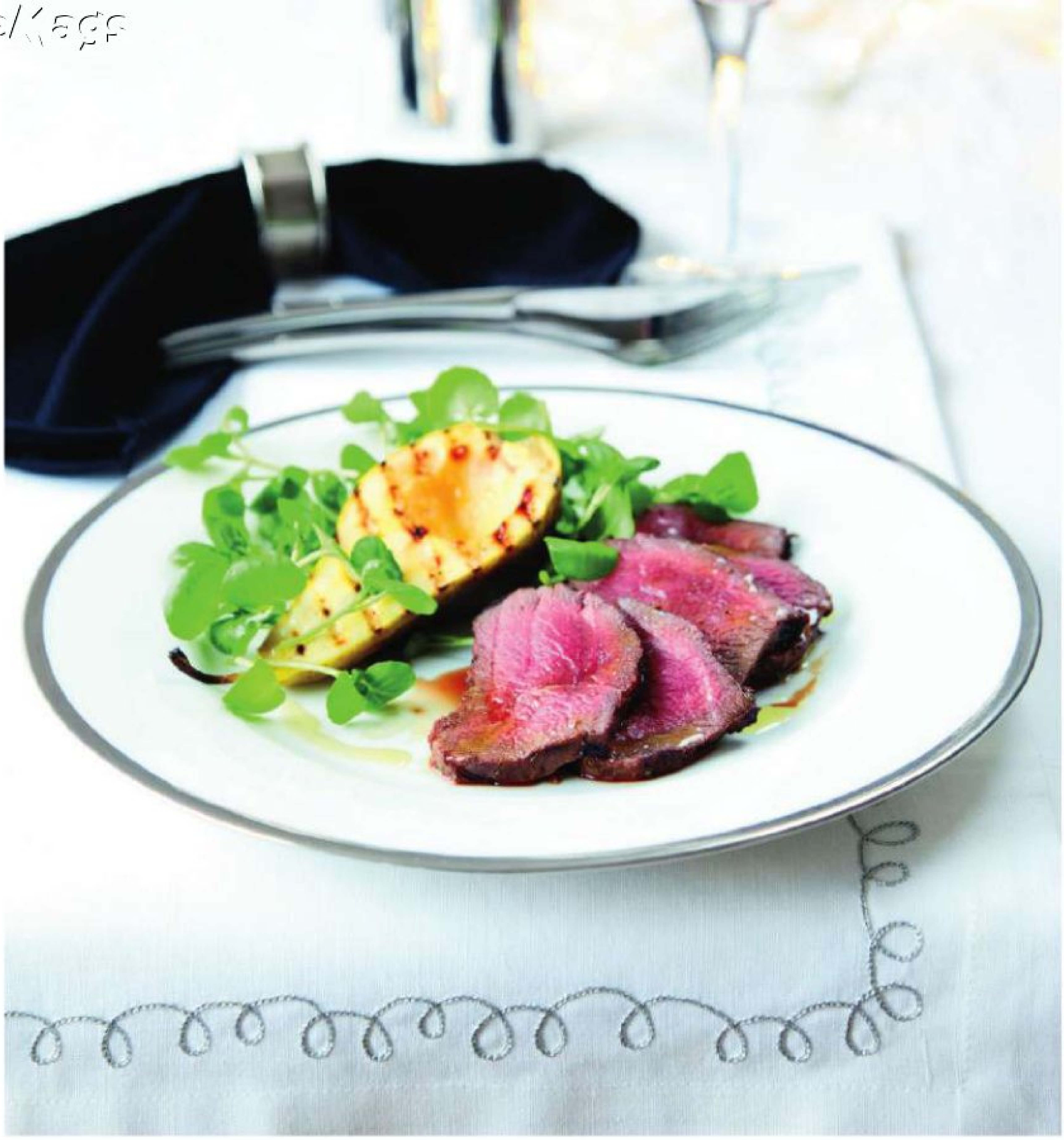
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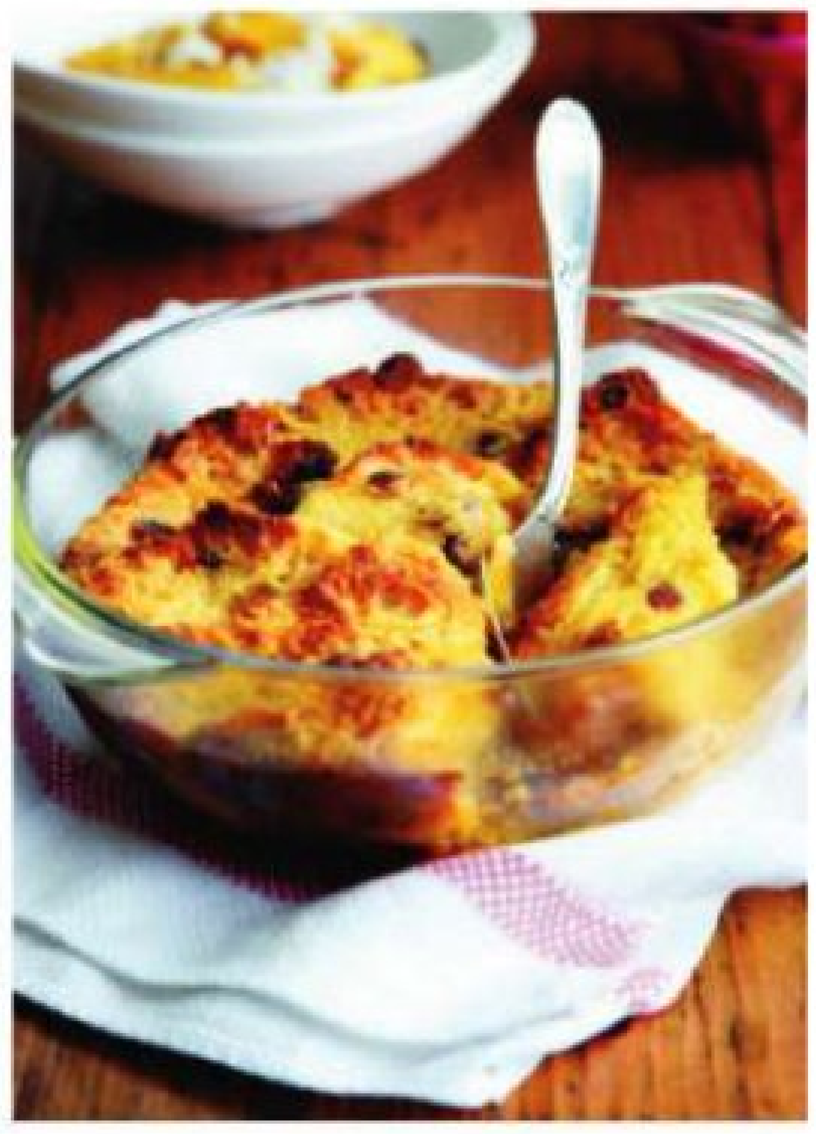
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ALDO ZILLI

Boozy panettone bread & butter pudding

SERVES 4 • PREP 10 mins • COOK 30 mins Easy

50g unsalted butter, room temperature, plus extra for greasing
450g (about ½) large raisin panettone
6 eggs
150ml double cream
50ml whisky
100g caster sugar
1½ tsp vanilla extract
custard or cream, to serve

1 Heat oven to 160C/140C fan/gas 3. Butter a 1 litre deep baking dish. Slice the panettone and spread with butter. Cut each piece into half-moon-shaped slices about 1.5cm thick. Lightly whisk together the eggs, cream, whisky, sugar and vanilla.
2 Put a layer of panettone slices in the dish and ladle over half the custard mixture. Cover with the rest of the panettone and remaining custard. Leave to soak for a few mins.
3 Bake for 25-30 mins or until golden and firm to the touch. Serve warm (not straight from the oven) with custard or cream.



Market Kitchen: Big Christmas Adventure

Penny Smith and Matt Tebbutt host a fortnight of festive cooking on the *Good Food* channel, weeknights at 7pm from Monday 13 December until Christmas Eve. Their guests chefs include Aldo Zilli. Catch the show on 249 Sky or 260 Virgin

MATT TEBBUTT

Garlicky venison with grilled pears

SERVES 4 • PREP 15 mins plus cooling • COOK 50 mins
Moderately easy

FOR THE GARLIC CONFIT
3 garlic bulbs, halved across
1½ tsp rosemary leaves
75g duck fat or 100ml olive oil
FOR THE VENISON
1½ tbsp chopped rosemary leaves, plus extra sprigs for garnish
650g loin venison, boned from the saddle
2 pears, Williams or Conference
1 tbsp olive oil
2 handfuls watercress

1 For the garlic confit, put the garlic in a small saucepan with the rosemary and cover with the duck fat or oil. You might need to add more fat or oil so that the garlic is immersed. Gently simmer the garlic in the oil for 20-30 mins or until tender. Leave to cool.
2 For the venison, squeeze the cooled garlic from its skin into a bowl and season with salt, pepper and the chopped rosemary. Rub this mixture over the venison and leave to marinate at room temperature for about 30 mins.
3 Heat a ridged griddle pan over a medium flame, then cook the venison for about 10 mins, turning frequently until the outside is nicely caramelised – the inside should still be quite pink. Reserve any cooking juices and leave the meat to rest on a plate while you cook the pears.
4 Halve the pears lengthways and remove their cores. Season with salt and pepper, and lightly coat with olive oil. Place on the hot griddle pan, cut side down, and cook for about 3-4 mins or until beginning to colour. Turn over and continue cooking for 3-4 mins more or until tender but still holding their shape.
5 Carve the meat and arrange on plates. Toss the pears with the watercress and serve with the venison. Spoon over any meat juices and drizzle with some extra virgin olive oil.

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Ration Book Britain

Valentine Warner recreates wartime Christmas 'treats' as part of this new series on *Yesterday*, weeknights at 9pm from Monday 13 December (Sky 537, Virgin 203, Freeview 12)

Christmas pudding

This recipe comes from an old Christmas card, part of the collection in the Imperial War Museum.
SERVES 4 ● PREP 20 mins ● COOK 4 hrs Easy

1 cup flour
1 cup breadcrumbs
1 cup sugar
½ cup suet
1 cup mixed dried fruit
1 tsp mixed sweet spice
1 cup grated potato
1 cup grated raw carrot
1 tsp bicarbonate of soda dissolved in 2 tbsp hot milk

Mix flour, breadcrumbs, sugar, suet, fruit and spice. Add the potato, carrot and, finally, the liquid. Turn into a well-greased 2pt pudding basin, cover, and steam or boil for 4 hrs.

Emergency cream

If you can bring yourself to forgo the usual Christmas pudding accompaniments of brandy butter, whipped cream or Sherry sauce and really want to sample wartime fare, then try this recipe from the Ministry of Food (see below). It's an acquired taste, to say the least!

Bring ½ pint of water to blood heat and melt 1 tbsp unsalted margarine in it. Sprinkle in 3 heaped tbsp household milk powder, beat well, then whisk thoroughly. Add 1 tsp sugar and 1 tsp vanilla. Leave to get cold.

WAR ON WASTE

Eating seasonally, reducing food miles, recycling and growing your own food were even more important in the ration book Britain of the 1940s.

If you're interested in how a previous generation coped with the then government's 'War on Waste', there's still time to catch The Ministry of Food, a fascinating exhibition at London's Imperial War Museum, which features a typical wartime kitchen and an ample supply of economy recipe books. The exhibition runs until 3 January, visit *london.iwm.org.uk* for details.

Giles and Sue Live The Good Life

Sue Perkins and Giles Coren called in Mary Berry to help them cook their turkey for a special Christmas episode of their recent BBC Two series. Here are two of the side dishes Mary cooked to accompany it

Slow-cooked red cabbage

SERVES 6-8 ● PREP 10 mins ● COOK 2 hrs Easy V

knob of butter
1 large onion, thinly sliced
1kg red cabbage, finely shredded
1 cooking apple, peeled, cored and thinly sliced
4 tbsp light brown sugar
2 tbsp white wine vinegar
2 tbsp redcurrant jelly

1 Heat oven to 180C/160C fan/ gas 4. Melt the butter in a large ovenproof frying pan. Add the onion and fry for a few mins over a high heat. Rinse the cabbage in a colander and add to the pan. Add apple, sugar, vinegar and redcurrant jelly. Bring to the boil, then season with salt and freshly ground black pepper.
2 Cover pan and cook in oven for 1½-2 hrs or until the cabbage is very tender; stirring once or twice during cooking. Serve hot or cold.

Lemon & thyme pork stuffing

SERVES 6-8 ● PREP 15 mins plus chilling ● COOK 20 mins Easy

25g butter
1 small onion, chopped
450g pork sausagemeat
50g fresh white breadcrumbs
½ large lemon, finely grated zest and juice
2 tbsp chopped fresh parsley
leaves from 3 sprigs fresh thyme

1 Melt the butter and fry the onion over a medium-high heat until caramelised. Combine with the sausagemeat, breadcrumbs, lemon and herbs. Season with salt and freshly ground black pepper.
2 Shape mixture into small walnut-size balls and chill until ready to cook. Heat oven to 190C/170C fan/ gas 5. Lightly grease a baking dish, put in the stuffing balls and bake for 15-20 mins or until cooked through. Serve with roast turkey.



Taken from Giles and Sue Live The Good Life (BBC Books, £18.99). The recipes originally featured in *Mary Berry's Christmas Collection* (Headline, £19.99)

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The Hairy Bikers: Mums Know Best at Christmas

Dave Myers and Si King cook these celebration dishes in their Christmas special on BBC Two

Festive duck breast with lemon & thyme polenta

SERVES 2 • PREP 10 mins • COOK about 20 mins

Moderately easy

This dish is ideal for a Christmas treat when you've packed the kids off to bed and there's just the two of you. Quick and easy to prepare and truly delicious.

2 duck breasts, skin on
2 star anise
1 cinnamon stick
2 cloves
finely grated zest of ½ orange
150ml Marsala wine
100ml chicken stock
good quality cranberry sauce
1 sprig of thyme, to garnish
pinch of lemon zest, to garnish
FOR THE POLENTA
125g polenta
50g unsalted butter
1 tsp fresh thyme, chopped
finely grated zest of 1 lemon

1 Rub the skin of the duck breasts with sea salt flakes and freshly ground pepper. Place them, skin side down, in a dry, preheated frying pan. Cook the duck for 6 mins on each side over a medium heat if you like it pink, or 8 mins each side if you prefer it murdered.
2 While the duck is cooking, you can get on with preparing the polenta. Bring 575ml water to the boil in a saucepan and add the polenta in a steady stream, whisking all the time until it thickens, about 3-4 mins should do it. Remove the pan from the heat. Add the butter, thyme and lemon zest and mix well, then season to taste. Leave for a few mins to let those lovely flavours infuse the polenta.
3 Now back to the duck. Remove it from the frying pan and set it aside to rest. Add the star anise, cinnamon, cloves and orange zest to the pan you cooked the duck in, then pour in the Marsala wine and chicken stock and deglaze those lovely juices. Reduce the liquid over a high heat for 3 mins to intensify the flavours and thicken the sauce, then have a taste and season.
4 Carve the duck breast on the diagonal and place the slices on top of the polenta. Pour over the reduced sauce and add a teaspoon of cranberry sauce on top of the duck. Garnish with a sprig of thyme and a pinch of lemon zest. Serve with whatever you fancy, but we like this with green beans.

Kingy cake

SERVES 8 • PREP 30 mins plus chilling • COOK 35 mins

Moderately easy

This cake's proper name is Galette des rois, *or the kings' cake, but we like to call it Kingy cake. It's a traditional Twelfth Night dish, made to celebrate the visit of the Three Kings to the baby Jesus on Epiphany, and it's really quick to make and bake. You don't have to use jam, but it does taste extra delicious with it – a bit like a cheat's Bakewell pudding.*

500g ready-made puff pastry
2 tbsp plain flour, plus extra for rolling
125g butter, softened
125g caster sugar
1 tsp vanilla extract or 1 tbsp brandy
2 medium eggs
125g ground almonds
4 tbsp raspberry jam (optional)

1 Cut the pastry in half and roll out each piece on a lightly floured surface, until large enough to cut out a 25cm round. Use a dinner plate as a template if you like. Put the pastry circles on flat baking trays and chill for 30 mins.
2 Heat oven to 200C/180C fan/ gas 6. Cream the butter and sugar with the vanilla extract or brandy in a food processor until light and fluffy. Lightly beat the eggs, setting aside 2 tbsp in a small bowl for brushing the pastry later.
3 With the processor on, add the remaining beaten egg to the butter and sugar mixture and blend until smooth. You may need to remove the lid and push the mixture down a couple of times with a spatula. Add the almonds and flour, then process again until well combined.
4 Remove the pastry from the fridge and spread one of the rounds with the jam, if using, to within 4cm of the edge. Spoon the almond mixture on top and spread it gently over the jam. Brush the pastry edge with a little of the reserved egg and place the other round on top. Firmly press the edges to seal, then 'knock up' with a sharp knife (tap the edge of the knife against the edge of the pastry to help separate the layers). Score the edges and top, then brush with egg to glaze.
5 Bake in the centre of the oven for 30-35 mins or until puffed up and golden brown. Serve warm or cold, cut into wedges.



The Hairy Bikers' mission to find Britain's best cooking family reaches a climax this month in *The Hairy Bikers Cook-Off* at 5.15pm on BBC Two until Friday 17 December.

Si and Dave return to BBC Two early next year with a new series of *The Hairy Bikers: Mums Know Best.*

Recipes from *The Hairy Bikers 12 Days of Christmas* (Weidenfeld & Nicolson, £20).

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MasterChef: The Professionals

Claire Lara, the first female winner of the BBC series, nabbed the 2010 title with some truly exceptional recipes



Roasted pigeon, pommes mousseline, pancetta with peas, lettuce & quince jelly

SERVES 4 • PREP 1 hour 15 mins • COOK about 40 mins

For the confident cook

FOR THE POMMES MOUSSELINE
450g rooster potatoes, peeled and cut into chunks
50g butter
100ml double cream
FOR THE PIGEON
4 oven-ready pigeons
225g duck fat
1 garlic clove, chopped
1 sprig each thyme & rosemary
FOR THE PANCETTA WITH PEAS
200g pancetta
200g peas
300ml game stock
3 Baby Gem lettuce, trimmed and shredded
small bunch fresh chervil, to garnish
diced quince jelly, to serve

1 Boil potatoes in a saucepan of salted water for 15 mins or until tender. Drain and mash with butter, cream, salt and freshly ground white pepper.
2 Meanwhile for the pigeon, heat the oven to 180C/160C fan/gas 4. Remove wishbone and legs from each bird. Season the breast meat. Melt the duck fat in a small roasting tin, in which the pigeons fit snugly. Add the garlic and herbs, then put in the pigeons, turning them carefully to coat in the fat and leaving them to confit, breast side down, in the oven for 30 mins or until tender. Remove and leave in a warm place to rest.
3 Trim pancetta and cut into small dice. Blanch peas in boiling salted water for 2 mins. Drain and refresh. Quickly cook pancetta in a frying pan. Add stock and reduce by half. Stir in the lettuce.
4 Reheat the potatoes, taste and check the seasoning. Loosen with a little more cream if necessary. Remove the breasts from each bird and carve thickly. Place a portion of potatoes on each plate and the pigeon on top. Spoon the pancetta and peas around, garnish with fresh chervil and finish with some diced quince jelly.

White chocolate mousse with raspberry & lemon thyme jelly

SERVES 4 • PREP 1 hour (plus chilling) • COOK about 10 mins

For the confident cook

FOR THE JELLY
6 gelatine leaves
450g raspberries
100g caster sugar
100m elderflower cordial
small bunch lemon thyme, leaves only
FOR THE CRÈME ANGLAISE
2 gelatine leaves
300ml milk
1 vanilla pod
2 egg yolks
50g caster sugar
FOR THE CHOCOLATE MOUSSE
300ml double cream
300g good-quality white chocolate
FOR THE FILO PASTRY
100g butter
1 packet filo pastry
50g caster sugar
50g freeze dried raspberries, crushed

1 To make the jelly, soak the gelatine leaves in cold water to soften. Crush all but 12 raspberries in a saucepan with the sugar, elderflower cordial, 200ml water and lemon thyme leaves. Heat gently until sugar has dissolved. Shake off excess water from the gelatine and stir into the pan until completely melted. Pass through a fine sieve into a shallow tray and chill for about 1 hour or until partly set. Gently press the reserved raspberries into the jelly and chill until completely firm.
2 To make the crème anglaise, soak gelatine leaves in cold water to soften. Pour the milk into a saucepan. Split the vanilla pod and scrape out the seeds into the pan, add the empty pod and bring to the boil. Leave to infuse for 5 mins. Beat the egg yolks and sugar until pale. Fish out the vanilla pod, then stir the milk into the yolks. Return the mixture to the pan and cook over a low heat, stirring continuously until mixture coats the back of a spoon. Gently shake off excess water from gelatine. Stir it into the custard until completely melted. Spoon the custard into a bowl and cover surface with cling film. Leave until cool.
3 For the chocolate mousse, whip the cream to very soft peaks. Chill until needed. Break up chocolate and melt in a bain marie. Fold the melted chocolate into the crème anglaise, followed by the whipped cream. Spoon into a large piping bag fitted with a small plain tube and chill.
4 For the pastry, heat oven to 200C/180C fan/gas 6. Line 3 baking sheets with non-stick baking paper. Melt butter. Cut the pastry into 20 rectangles measuring 8cm x 3cm and place on baking sheets. Brush with butter and sprinkle with sugar. Bake for about 3-4 mins, or until golden and crispy. Remove and leave to cool.
5 To assemble, sandwich 5 pastry rectangles together with piped blobs of white chocolate mousse. Place in centre of each plate. Using a small cutter, cut out the raspberry jelly, and place 3 neatly to the side of the plate. Decorate with the crushed raspberries.

Claire Lara, 30, grew up in the Wirral, the daughter of a postman and a support worker. She developed her cooking skills on a food and catering course.

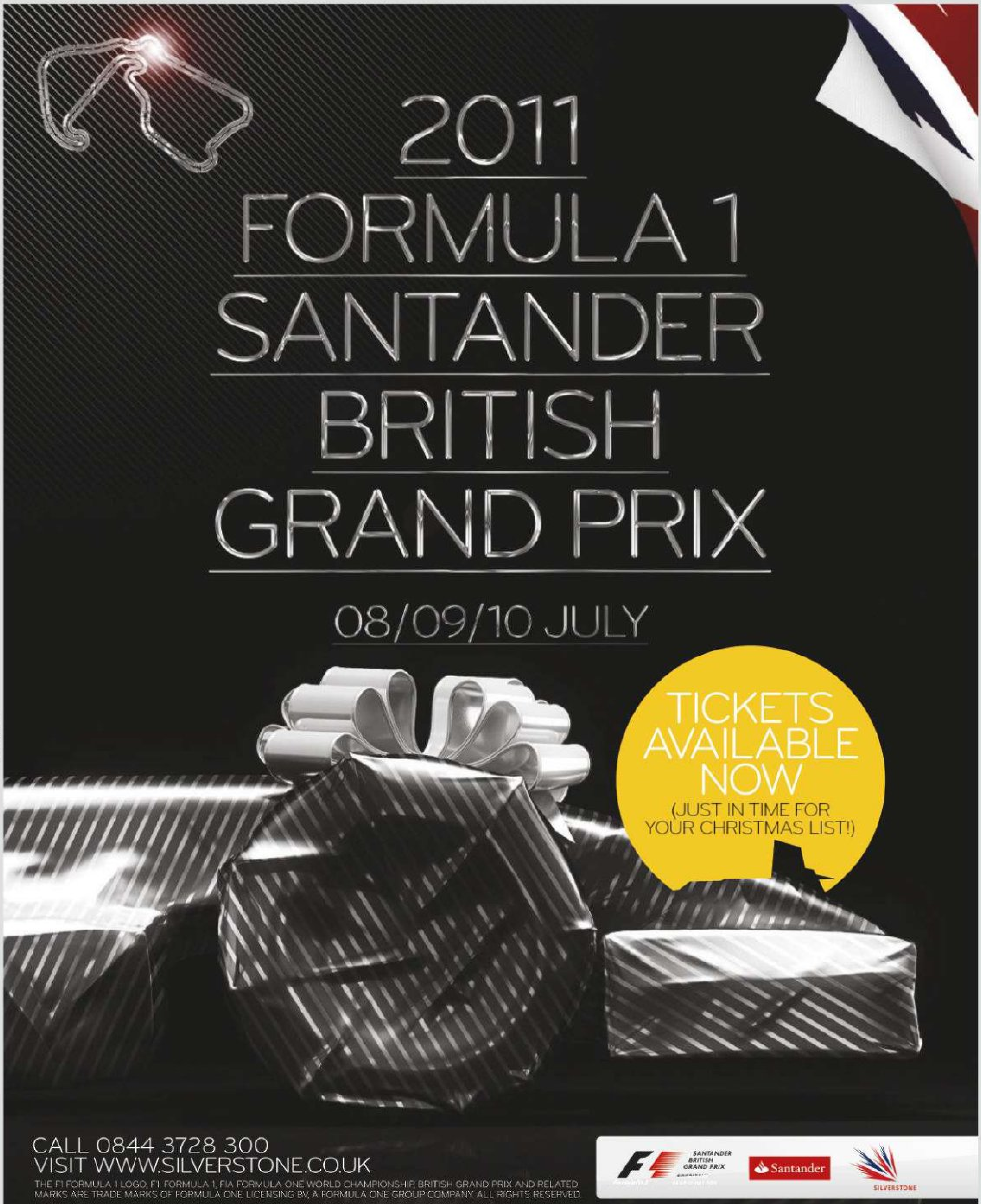
Claire spent five years working in restaurants in Paris, where she met her French husband, Marc, also a chef. She now teaches catering at Liverpool Community College. Michel Roux Jr, one of the *MasterChef* judges says: 'Claire understands great food, whether classic or modern dishes. I'd love to work with her in the future.'

Claire and Marc hope to open their own restaurant soon, but in the meantime, they have other projects to think about: they were looking forward to the birth of their first child as *Good Food* went to press.

Making the dessert

- The packet of filo pastry provides more than you need, but you may like to make extra in case of breakages. They are extremely fragile.
- Anchor the first filo rectangle onto the plate with a small blob of chocolate mousse, to prevent it skating over the plate as you layer up.

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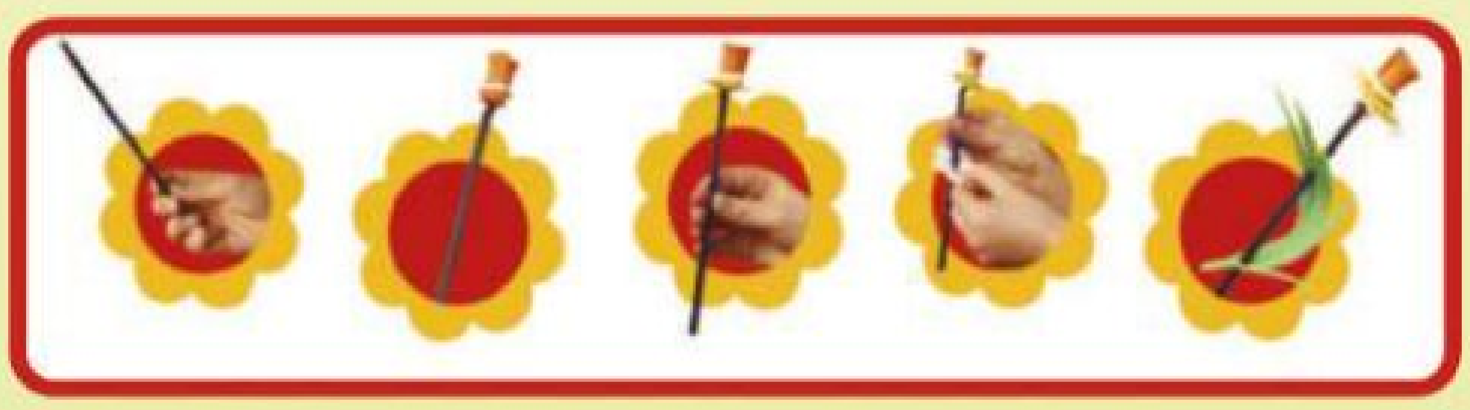


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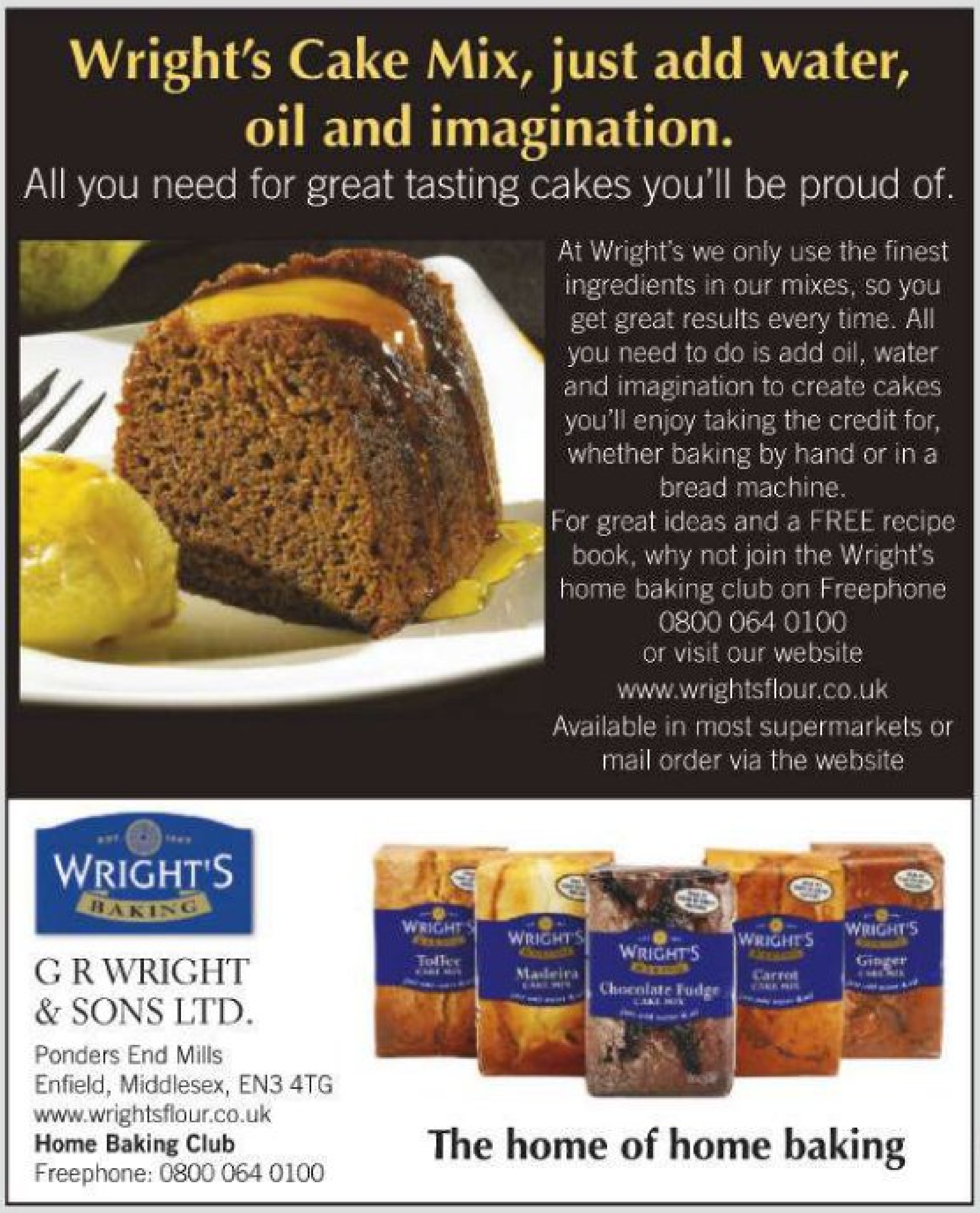
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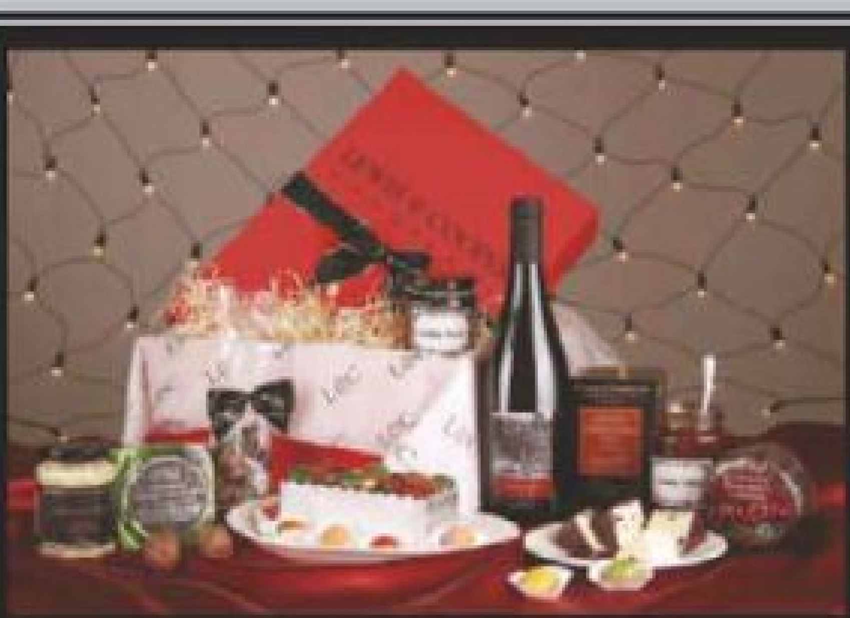
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Starry night

New Year's Eve demands something really special – finish your celebration meal with this smart and delicious trio of sweet things Photograph DAVID MUNNS

Star biscuits

MAKES about 40 ● PREP 15 mins ● COOK 15 mins
Easy ❄

Make the biscuit dough from the Lemon kisses recipe, p102, but leave out the lemon zest. Roll out the dough – half at a time if you like – and stamp out 5-6cm stars. Keep re-rolling trimmings, and you should get about 40 biscuits. Cut out a thin triangle about 2cm long and ½cm wide at one of the indents of each star. Arrange on trays lined with baking parchment, cover with cling film and chill for 30 mins. Heat oven to 200C/180C fan/gas 6. Remove cling film and bake the biscuits for 8-12 mins until golden. Cool, dust with icing sugar, then serve slotted onto the edge of glasses. *The cooked biscuits can be frozen for up to 3 months.*

PER SERVING 78 kcals, protein 1g, carbs 9g, fat 4g, sat fat 3g, fibre none, sugar 4g, salt 0.06g

Coffee cocktail

MAKES 1 ● PREP 5 mins ● NO COOK

50ml strong coffee, cooled
1 tbsp Kalhúa
2 tbsp double cream
cocoa powder, for dusting

Mix the coffee and Kalhúa in a Martini glass. Slowly pour in the double cream over the back of a teaspoon so that it gently settles on the top of the coffee. Dust with a little cocoa and serve.

Mint chocolate truffles

MAKES about 20 ● PREP 30 mins ● COOK 5 mins plus cooling
Easy ❄

100ml double cream
200g milk chocolate, broken into pieces
¼ tsp peppermint essence (we used Sainsbury's)
icing sugar, for rolling

1 Bring the cream just to the boil in a pan. Turn off the heat and stir in the chocolate. Stir until melted, then add the peppermint. Cool, then chill until the mixture is solid, about 2-3 hrs.

2 Scoop out teaspoons of the mixture and roll into small walnut-size balls with your hands, then roll in icing sugar. *They will keep chilled for 3 days or freeze for up to 1 month.*

PER TRUFFLE 81 kcals, protein 1g, carbs 7g, fat 9g, sat fat 3g, fibre none, sugar 7g, salt 0.02g



Indulgent festive finale

Food styling EMMA-JANE FROST | Styling LISA HARRISON

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15-minute canapés

Blinis with crème fraîche, roast beef & cornichons

SERVES 8 • PREP 10 mins • COOK 5 mins

Easy • Good for you

These canapés couldn't be any easier.

36 canapé blinis (we used a 123g pack from Waitrose)
4 tbsp crème fraîche
4 tsp wholegrain mustard
75g/2½oz cold roast beef, thinly sliced and cut into strips
8 cornichons, thinly sliced

Warm the blinis following the pack instructions. Mix together the crème fraîche and mustard and spoon onto the blinis. Fold the beef on top then add the cornichons. Arrange the blinis on a platter, grind over some black pepper and serve.

PER SERVING 97 kcals, protein 4g, carbs 6g, fat 7g, sat fat 3g, fibre 1g, sugar 1g, salt 0.44g

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Simple, smart starter

Salmon & prawns with dill & lime aïoli

SERVES 8 • PREP 15 mins • NO COOK

Easy

You can mix the aïoli ahead of time, then just keep it in the fridge until you're ready to plate up.

400g/14oz cooked king prawns, shelled apart from the tail
400g/14oz smoked salmon
140g/5oz good-quality mayonnaise
2 garlic cloves, crushed
2 tbsp chopped fresh dill, plus extra leaves to garnish
juice ½ lime, plus 1 wedged to serve
granary bread and butter, to serve, if you like

Arrange the prawns and salmon on plates. Mix the mayo, garlic and chopped dill, and add lime juice to taste. Put a spoonful on each plate, scatter over dill leaves add a wedge of lime and a grinding of pepper.

PER SERVING 248 kcals, protein 24g, carbs 6g, fat 17g, sat fat 3g, fibre 0g, sugar 0g, salt 3.54g

■ Make your Christmas dinner even easier by downloading a shopping list for the whole menu from *bbcgoodfood.com*

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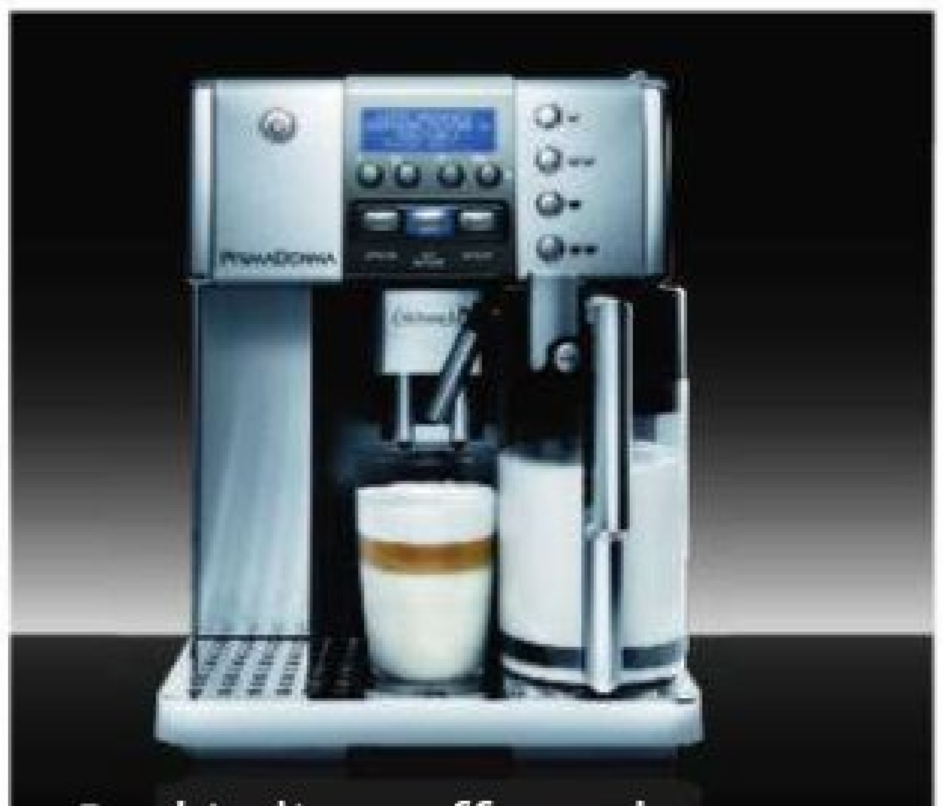
For a coffee worth sharing

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Roast turkey with sage & onion butter and Marsala gravy

SERVES 8 with leftovers • PREP 20 mins plus 30 mins resting • COOK 4 hrs 45 mins

Easy

7kg/15lb 4oz fresh turkey
2 onions, halved
1 lemon, quartered
75g/2½oz soft butter
3 tbsp finely chopped fresh sage
2 tbsp plain flour
200ml/7fl oz Marsala wine or Madeira
400-500ml/14fl oz-18fl oz hot chicken stock
1 tbsp cranberry jelly

1 Heat oven to 170C/150C fan/gas 3-4 and place the turkey in a large roasting tin. Tuck 3 of the onion halves and the lemon quarters into the cavity and season. Cover with foil, make sure there's plenty of space between the turkey and foil for the air to circulate and seal the edges tightly so that no steam escapes. Roast for 4 hrs.

2 Meanwhile, finely chop the remaining onion half, and mix with the butter and sage. Take the turkey out of the oven and raise the temp to 200C/180C fan/gas 6. Brush the sage and onion butter all over the turkey and return to the oven, uncovered, for 45 mins until crisp and dark golden. If you're making the roasties (recipe p6), then start them in the oven when the turkey goes back in, uncovered.

3 Transfer the turkey to a warm serving plate, cover loosely with foil and leave to rest for 30 mins. Tip the juices out of the pan into a bowl, leave for a moment to settle, then scoop the buttery oil from the surface into a separate bowl. Spoon 2 tbsp of this oil back into the tin and return to the heat.

4 Stir the flour into the tin using a wooden spoon, scraping the residue off the bottom of the tin as you go. Cook for 2 mins, then stir in the Marsala or Madeira and bring to the boil. Make the reserved turkey juices up to 500ml using hot chicken stock and pour into the tin. Bring to the boil and simmer for a few mins, then add cranberry jelly. Keep warm until ready to serve.

PER SERVING 812 kcals, protein 119g, carbs 7g, fat 31g, sat fat 12g, fibre 0g, sugar 4g, salt 1.07g

■ If your turkey is a different size, visit *bbcgoodfood.com* for turkey roasting times

■ Serve with cranberry and bread sauce if you like… Find recipes at *bbcgoodfood.com* or, if you're short of time, buy ready-made – we like Tesco Finest Cranberry Sauce, 83p, 200g, and Marks & Spencer Fresh Bread Sauce, £1.99, 250g



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Really easy recipe that won't let you down



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Carrot, apple & celeriac mash

SERVES 8 • PREP 15 mins • COOK 30 mins Easy ❄
Superhealthy Counts as 3 of 5-a-day

- **750g/1lb 10oz celeriac, peeled and cubed**
- **1kg/2lb 4oz carrots, sliced**
- **4 eating apples, about 500g/1lb 2oz, peeled and cubed**
- **4 tbsp crème fraîche**
- **1 tbsp butter**
- **4 tbsp finely chopped parsley**

Put the celeriac, carrots and apples in a large pan of water, bring to the boil and simmer for 20 mins until tender. Drain, tip back into the pan and mash roughly. Stir in the rest of the ingredients. Cover and keep warm until ready to serve.

PER SERVING 130 kcals, protein 2g, carbs 20g, fat 5g, sat fat 3g, fibre 8g, sugar 18g, salt 0.34g

GET AHEAD

This is ideal for making the day before and reheating in the microwave. Make sure it is thoroughly hot and only stir in the parsley just before serving.

Rosemary & garlic roast potatoes with chipolatas

SERVES 8 • PREP 10 mins • COOK 1 hr 20 mins Easy Good for you

- **2kg/4lb 8oz King Edward potatoes, cut into large pieces**
- **2 tbsp each butter and olive oil**
- **1 bulb garlic, separated into unpeeled cloves**
- **2 tbsp chopped rosemary**
- **12 pork chipolatas**

1 Heat oven to 200C/180C fan/ gas 6. Put the potatoes in a pan of cold water, bring to the boil and simmer for 5 mins. Meanwhile, put the butter and oil into a large, shallow roasting tray and heat in the oven. Drain the potatoes in a colander, giving them a good shake to fluff the edges up a little. Toss in the hot oil in the tray and roast for 20 mins.

2 Add the garlic, rosemary and chipolatas to the tray, toss well together and roast for a further 50 mins until the potatoes are crunchy and golden brown and the sausages are cooked through.

PER SERVING 344 kcals, protein 11g, carbs 45g, fat 14g, sat fat 5g, fibre 3g, sugar 2g, salt 0.63g

Stir-fried sprouts with green beans, lemon & pine nuts

SERVES 8 • PREP 5 mins • COOK 10 mins Easy **Superhealthy**
Good source of vitamin C and folic acid

- **600g/1lb 5oz Brussels sprouts, trimmed and quartered**
- **600g/1lb 5oz green beans**
- **1 tbsp olive oil**
- **zest and juice 1 lemon**
- **4 tbsp toasted pine nuts**

Cook the sprouts and beans in a pan of boiling salted water for 3 mins, then drain well. Heat the oil in a large wok or frying pan. When hot, add the lemon zest and pine nuts. Cook for a couple of seconds, then add the vegetables and stir-fry for 3-4 mins until the sprouts colour a little. Add a squeeze of lemon juice and salt and pepper to taste.

PER SERVING 97 kcals, protein 5g, carbs 6g, fat 6g, sat fat 1g, fibre 5g, sugar 4g, salt 0.01g



Stylish sides packed with veggie goodness



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Chocolate & clementine log

SERVES 8-10 • PREP 1 hr 15 mins plus cooling • COOK 30 mins Easy

This fudgy, fruity alternative to a classic Christmas pudding was very popular in the Good Food office. You can make all its parts on Christmas Eve, so that all you have to do on the day is put them all together.

FOR THE SPONGE
200g bar dark chocolate (a standard supermarket own brand is fine)
7 eggs, separated
200g/7oz soft light brown sugar
3 tbsp cocoa, plus extra for dusting
zest and juice 1 clementine

FOR THE FROSTING
200g bar dark chocolate
200ml/7fl oz double cream
2 tbsp icing sugar

FOR THE CLEMENTINE CREAM
200ml/7fl oz double cream
200ml/7fl oz crème fraîche
2 tbsp icing sugar
zest 3 clementines, plus juice 1

TO DECORATE AND ASSEMBLE
100g/4oz caster sugar, plus a little extra
1 clementine
silver balls and white stars, if you like

1 Heat oven to 180C/160C fan/gas 4. Line a roughly 37 x 25cm tin with baking parchment. Melt the chocolate over a pan of barely simmering water. Set aside to cool while you get everything else ready. Whisk the yolks and brown sugar until pale and thick enough to hold a trail. Whisk in the cocoa, chocolate, clementine zest and juice. Whisk whites until stiff, whisk a third into chocolate mixture, then fold in the rest. Transfer to tin, gently spread to corners and bake for 16 mins until firm to touch.

2 Meanwhile, dust a large sheet of baking parchment with a little cocoa. When the cake is done, turn it out onto the parchment. Don't remove the paper stuck to the bottom of the cake – just roll the cake up with the paper inside from one of its longer sides. Leave to cool. *This can be made a day ahead: wrap it in cling film or keep in an airtight container once cool.*

3 For the frosting, melt the chocolate, cream and icing sugar together in a bowl over a pan of barely simmering water. Cool and chill until spreadable. Or chill for up to 24 hrs, then leave at room temp until spreadable again.

4 For the clementine cream, whisk the cream, crème fraîche, icing sugar, clementine zest and juice until thick. Chill for up to 24 hrs.

5 To make the decoration, melt the caster sugar with 100ml water in a small pan and gently bubble. Peel the zest from the clementine with a vegetable peeler. Thinly shred into strips, then drop into the bubbling syrup. Simmer for 2 mins, then turn off and leave for another 2 mins. Scatter a little extra sugar onto a plate. Lift out the shreds with a slotted spoon and toss in the sugar. Set aside to dry.

6 To assemble, gently unroll the sponge and peel off the paper. Squeeze over juice from final peeled clementine. Thinly spread with a tiny bit of the chocolate frosting, then spread with half to two-thirds of the clementine cream. Carefully roll back up and trim each end. Transfer to a serving plate and cover with the rest of the chocolate frosting, using a round-bladed knife to stripe the surface. Scatter with the sugared clementine peel and silver balls and/or stars, if you like. Serve with remaining clementine cream.

PER SERVING 875 kcals, protein 11g, carbs 84g, fat 58g, sat fat 32g, fibre 2g, sugar 82g, salt 0.27g



Stunning make-ahead pudding

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Cheese with pickled pear salad

SERVES 8 • PREP 10 mins • NO COOK

Easy

Choosing one or two wonderful British cheeses and serving them this way with a lively pear salad is a contemporary alternative to the traditional cheeseboard.

- **1 tsp Dijon mustard**
- **2½ tbsp white wine vinegar**
- **2 tbsp olive oil**
- **1 tbsp walnut oil**
- **1 tsp yellow mustard seeds**
- **1 tbsp tarragon, finely chopped**
- **1 spring onion, thinly sliced**
- **4 Conference pears, peeled, cored and thinly sliced**
- **8 thin wedges British cheddar or similar**
- **8 thin wedges Stilton or another British cheese**
- **Biscuits, crackers and whole walnuts, to serve**

In a large bowl, mix the mustard and vinegar. Add the oils, mustard seeds, tarragon, spring onion and salt and pepper. Add the pears to the dressing, toss well, then cover and chill for up to 4 hrs until ready to serve. Place a wedge of each cheese on small serving plates, then divide the pear salad between the plates. Serve with biscuits, crackers and walnuts.

PER SERVING 429 kcals, protein 21g, carbs 10g, fat 34g, sat fat 20g, fibre 2g, sugar 9g, salt 1.69g



Create your own cheese course

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Make a simple gift

Turn an easy recipe into a great gift with just a little imagination

Triple chocolate cupcake kit
MAKES 1 kit to bake 12 cupcakes • PREP 10 mins • COOK 15 mins Easy

100g/4oz caster sugar
100g/4oz self-raising flour
2 tbsp cocoa powder
TO COMPLETE THE KIT
large glass jar with a clip or screw lid
200g/7oz white chocolate drops
100g/4oz bar milk chocolate or drops
cellophane, ribbon, gift bag or box and large label
new spatula or wooden spoon
sprinkles, or other decorations
12 cupcake cases

1 Tip the caster sugar into the jar, followed by the flour, then finally the cocoa, so the ingredients sit in layers. Seal the jar.
2 Wrap the chocolate drops and bar up in cellophane. Tie the spatula or spoon onto the jar with ribbon and pack in a gift bag or box with the chocolates, sprinkles and cupcake cases.
3 Hand-write a label with the following instructions and attach it to the gift: 'Heat oven to 180C/160C fan/gas 4. Put 100g very soft butter in a bowl with 2 eggs, add the contents of the jar and beat well. Add a drop of milk to the mix if it is too stiff. Stir in the white chocolate drops. Divide between the cake cases. Bake for 15 mins. Cool. Melt the milk chocolate, spoon a little over each cake and then decorate with sprinkles.'
PER CUPCAKE 202 kcals, protein 3g, carbs 31g, fat 9g, sat fat 5g, fibre 0g, sugar 24g, salt 0.15g

■ If you like, you could also add a cupcake or muffin tin to the bag – you can buy one for about £5 from supermarkets. You can also download labels from *bbcgoodfood.com*. Just search for each recipe and follow the link at the bottom of the page.



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Baked Camembert kit

SERVES 2 • PREP 10 mins plus cooling • COOK 10 mins Easy

100g/4oz sultanas
5 tbsp Calvados, PX Sherry, rum or brandy
1 boxed Camembert
TO COMPLETE THE KIT
small jar
string or ribbon
label

1 Heat sultanas and alcohol together until just simmering, then turn off the heat and cool completely. Spoon into a small jar and seal. Put the jar on top of the cheese and tie together with string or ribbon.
2 Keep in the fridge for up to a week until you are ready to give them away, then add a label with these instructions: 'Heat oven to 200C/fan 180C/gas 6. Unwrap the Camembert, take off the wax wrapper and any other packaging. Put it back in the box but leave the lid off. Cook for 10 mins or until the centre of the cheese feels very soft. Cut a slashed cross in the centre of the cheese then tip in and over as many of the sultanas as you like. Serve with chunks of crusty bread.'
PER SERVING 618 kcals, protein 28g, carbs 44g, fat 29g, sat fat 19g, fibre 1g, sugar 44g, salt 1.95g

■ Remind the recipient of this cheese lover's gift to keep it in the fridge.

Coffee lover's kit

MAKES 25 biscuits • PREP 10 mins • COOK 14 mins Easy Biscuits

140g/5oz unsalted butter
100g/4oz dark muscovado sugar
4 tbsp golden syrup
300g/11oz plain flour, plus extra for dusting
1 tsp bicarbonate of soda
2 tsp ground ginger
3 balls stem ginger, finely chopped
TO COMPLETE THE KIT
airtight box, bag or jar
gift box, ribbon and label
2 espresso cups (optional)
pack or tin of ground coffee

1 Heat oven to 170C/150C fan/gas 3-4. Line 2 baking trays with baking parchment. Melt butter, sugar and syrup in a pan, stirring until the sugar melts. Take off the heat. Sieve the flour, bicarb and ground ginger into a bowl, pour in the wet ingredients and add the stem ginger. Stir to make a stiff dough.
2 Roll the warm dough out on a surface dusted with flour until about ½cm thick. Stamp out biscuits using a cutter, lift onto the baking trays and cook for 10 mins or until golden. Cool completely, then lift off parchment. *These will keep for up to 2 weeks in an airtight container.*
3 Pack the biscuits in an airtight box, bag or jar, then put in a gift box with the cups and coffee and tie with a ribbon.
PER BISCUIT 99 kcals, protein 1g, carbs 15g, fat 4g, sat fat 3g, fibre 0.4g, sugar 6g, salt 0.12g



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Decorate your way

Whether you've bought a cake or made your own, give it a personal touch with one of these quick ideas. The kids will love to help, too

Festive fondant fancies
DECORATES a 20cm square or 30 x 20cm traybake ● PREP 20 mins ● NO COOK Easy

Put a **1kg ready-to-roll icing block** in a large bowl and pour over **boiling water** to cover. After 10-15 mins the icing should be soft. Pour off water, and mix icing in bowl, adding a dribble more hot water until you get a smooth, runny but thickish icing.

Divide evenly in 3 and add a **little blue colouring** to one third, and a **little blue and green colouring** to another third. Slice a **20cm square**, or a **30 x 20cm traybake cake** into roughly equal, portion-sized squares, and sit them on a wire rack above a large tray.

Spoon some **icing** over each cake to cover, then decorate with **sprinkles**, **sugared almonds**, **mini marshmallows** and **small gingerbread men** (we used Marks & Spencer Gingerbread men, 99p for 9).

Chocolate tree cake
DECORATES an 18-20cm square cake ● PREP 15 mins ● NO COOK Easy

Beat **250g very soft butter** with **500g sifted icing sugar** and **a little green food colouring**. Spread the mixture on an **18-20cm square sponge** or **chocolate cake**. Use **matchstick chocolates** or **black liquorice laces** to mark the branches of a Christmas tree, then dot on assorted **chocolates** to look like decorations.



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Frosted candy cake

DECORATES an 18-23cm round or square cake • PREP 20 mins • COOK 5 mins

Easy

Tie about **15-20 small candy canes** into groups with **ribbon** (we used striped canes from Waitrose).

Put **500g white caster sugar**, **1 tbsp liquid glucose** and **125ml water** in a pan. Heat until sugar is just melted and syrup turns clear. Take off heat and whisk **2 egg whites** until stiff, then carry on whisking while steadily pouring in hot syrup in a stream. Keep beating until thick enough to spread, then beat in **50g sifted icing sugar**.

Quickly spread the icing over an **18-23cm square** or **round cake** (marzipan covered, if you wish), swirling roughly. Stick on the candy canes and leave for 1 hr to set.

Simple star cake

DECORATES any round or square cake • PREP 10 mins • NO COOK

Easy

Cut a **star** from a piece of paper or cardboard and position in the centre of the cake. Liberally dust all over with **icing sugar**, then carefully lift off the star.

Find a **ribbon** with the same width as the height of your chosen cake, and long enough to go round the cake with a small overlap (or layer a few different, thinner ribbons until the same height). Secure around the cake with a little **double-sided tape** where the ribbon overlaps.

There are plenty of recipes for cakes at *bbcgoodfood.com*: choose your favourite, then have some fun with one of these easy designs

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Super-quick mince pies

Want freshly baked, homemade mince pies without the hassle of lining tins? Try our easiest-ever version



Sugar-dusted mince pie parcels

MAKES 15-20 • PREP 15 mins • COOK 20 mins Easy ❄ uncooked

2 x 375g sheets ready-rolled shortcrust pastry (bring them out of fridge about 15 mins before you want to use them)
a little flour, for dusting
about 300g/11oz mincemeat
1 egg, beaten with a fork
140g/5oz caster sugar
2 tsp cinnamon

1 Heat oven to 200C/180C fan/gas 6. Unroll one of the pastry sheets onto a lightly floured surface, and spoon on teaspoonfuls of mincemeat, spaced about 2.5cm apart. Brush round the mincemeat with a little egg. Unroll the second sheet of pastry, keeping it on its wrapper, then roll out just a touch bigger. Using the wrapper to help you, flip onto the mincemeat-dotted sheet.
2 Press and shape the pastry around each dollop of mincemeat, squeezing out as much air as you can. Slice up the sheet into individual parcels using a sharp knife or pizza cutter. Prick each with a fork, then seal the edges around each one by pressing with a fork. Lift onto baking trays, brush with a little more beaten egg and bake for 18-20 mins until golden and crisp.
3 While the pies are baking, mix sugar and cinnamon on a plate. When done lift the pies, a few at a time, carefully into the sugar and gently turn to coat.
PER PARCEL 327 kcals, protein 4g, carbs 46g, fat 15g, sat fat 6g, fibre 1g, sugar 23g, salt 0.53g

Recipes SILVANA FRANCO, SARAH COOK and LULU GRIMES | Photographs LIS PARSONS
Food styling SILVANA FRANCO | Styling ARABELLA McNIE

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STEP 2
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STEP 3
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